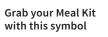
NEW











Broccoli

Vegetable Stock





Light Cooking

Garlic & Herb Seasoning



Fresh Lasagne Sheets

Baby Spinach



Parmesan Cheese

Prep in: 25-35 mins Ready in: 50-60 mins Who said a lasgane required mince? We certainly think that this green veggie loaded version is here to contest the best and with a cheesy topping, how could you possibly resist?



Olive Oil, Butter, Plain Flour, Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium saucepan · Medium baking dish Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1	2	
zucchini	1	2	
broccoli	1 head	2 heads	
vegetable stock pot	1 medium packet	2 medium packets	
boiling water*	½ cup	1 cup	
garlic & herb seasoning	1 medium sachet	1 large sachet	
butter*	40g	80g	
plain flour*	2 tbs	1/4 cup	
milk*	½ cup	1 cup	
light cooking cream	1 medium packet	1 large packet	
baby spinach leaves	1 small packet	1 medium packet	
fresh lasagne sheets	1 medium packet	2 medium packets	
Parmesan cheese	1 medium packet	1 large packet	
Parmesan cheese**	1 medium packet	1 large packet	
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3332kJ (796Cal)	490kJ (117Cal)
Protein (g)	34.5g	5.1g
Fat, total (g)	37.2g	5.5g
- saturated (g)	22.1g	3.3g
Carbohydrate (g)	78g	11.5g
- sugars (g)	18g	2.6g
Sodium (mg)	1354mg	199mg
Dietary Fibre (g)	15.4g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3540kJ (846Cal)	511kJ (122Cal)
Protein (g)	38.6g	5.6g
Fat, total (g)	40.9g	5.9g
- saturated (g)	24.8g	3.6g
Carbohydrate (g)	78.3g	11.3g
- sugars (g)	18.2g	2.6g
Sodium (mg)	1486mg	215mg
Dietary Fibre	15.4g	2.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 220°C/200°C fan forced.
- Finely chop brown onion.
- Thinly slice zucchini into half-moons.
- Roughly chop **broccoli** (including stalk!).
- In a medium heatproof bowl, combine vegetable stock pot and the boiling water (½ cup for 2 people / 1 cup for 4 people).
 Set aside.



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook zucchini and broccoli, tossing, until tender, 5-6 minutes.
- Add garlic & herb seasoning and cook until fragrant, 1 minute. Set aside.



Make the white sauce

- In a medium saucepan, melt the butter with a drizzle of olive oil over medium heat. Cook onion, stirring, until tender, 3-5 minutes.
- Add the **plain flour** and cook, stirring, until a thick paste forms, **1-2 minutes**.
- Reduce heat to medium-low, then slowly whisk in the milk and stock mixture until smooth.
 Stir through light cooking cream and simmer, stirring constantly, until slightly thickened,
 1-2 minutes.
- Remove from heat. Stir in baby spinach leaves.
 Season with pepper.



Assemble the lasagne

- Spoon roughly one quarter of the veggie filling into a baking dish, then top with some white sauce and a fresh lasagne sheet. Repeat with the remaining filling, sauce and lasagne sheets.
- Finish layering with a lasagne sheet, then pour over the remaining sauce. Sprinkle with Parmesan cheese.

Custom Recipe: If you've doubled your Parmesan cheese, sprinkle extra cheese over lasagne as above.



Bake the lasagne

• Bake lasagne until golden, 20-25 minutes.



Serve up

• Divide creamy green veggie lasagne between plates to serve. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate