



Homestyle Beef & Veggie Lasagne

with Parmesan Cheese

COSY COMFORTS

NEW

KID FRIENDLY

Grab your meal kit with this number

2



Carrot



Zucchini



Brown Onion



Beef Mince



Aussie Spice Blend



Tomato Paste



Chicken-Style Stock Powder



Fresh Lasagne Sheets



Parmesan Cheese



Parsley



Pork Mince



Beef Brisket



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!

Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

Prep in: 25-35 mins
Ready in: 50-60 mins

Calorie Smart

Warm up with a plate of classic beef lasagne, complete with fresh lasagne sheets and an easy bechamel sauce plus hidden veggies to keep it wholesome. It's the family favourite meal that satisfies and delights during these cool winter nights.

Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
brown onion	½	1
beef mince	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
water*	½ cup	1 cup
chicken-style stock powder	1 large sachet	2 large sachets
butter*	40g	80g
plain flour*	2 tbs	¼ cup
milk*	1 cup	2 cups
fresh lasagne sheets	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2679kJ (640Cal)	507kJ (121Cal)
Protein (g)	48.4g	9.2g
Fat, total (g)	19.1g	3.6g
- saturated (g)	8.7g	1.6g
Carbohydrate (g)	65.7g	12.4g
- sugars (g)	15.6g	3g
Sodium (mg)	1604mg	304mg
Dietary Fibre (g)	11.1g	2.1g

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **carrot** and **zucchini**.
- Finely chop **brown onion** (see ingredients).

Little cooks: Under adult supervision, older kids can help grate the carrot.



Make the bechamel sauce

- While the filling is cooking, heat a medium saucepan over medium heat. Add the **butter** and **plain flour** and cook, stirring, until a thin paste forms, **1 minute**.
- Slowly whisk in the **milk** and remaining **stock powder** and cook, stirring, until thickened, **1-2 minutes**. Season with **pepper**.



Cook the beef mince

- Heat a large frying pan over medium-high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **4-5 minutes**.



Assemble the lasagne

- Spoon roughly one quarter of the **filling** into a baking dish, then top with a layer of **lasagne sheets**. Repeat with remaining **filling** and **lasagne sheets**.
- Finish with a final **lasagne sheet**, then pour over the **bechamel sauce**. Sprinkle with **Parmesan cheese**.
- Bake **lasagne** until golden, **20-25 minutes**.

Little cooks: Add the finishing touch and sprinkle over the cheese.



Finish the filling

- Add **carrot**, **zucchini** and **onion** to the frying pan and cook, tossing, until tender, **7-8 minutes**.
- Reduce heat to medium, then add **Aussie spice blend** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Add the **brown sugar**, **water** and half the **chicken-style stock powder**. Stir to combine and cook until slightly thickened, **2-3 minutes**.
- Remove from heat. Season with **pepper**.



Serve up

- Divide beef and hidden veggie lasagne between plates.
- Tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM
OPTIONS



SWAP TO PORK MINCE
Follow method above.



SWAP TO BEEF BRISKET
Shred beef brisket with 2 forks. Cook following method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

