



# Homestyle Beef & Veggie Lasagne

with Parmesan Cheese

KID FRIENDLY

Grab your meal kit with this number

1



Carrot



Zucchini



Brown Onion



Beef Mince



Aussie Spice Blend



Tomato Paste



Fresh Lasagne Sheets



Parmesan Cheese



Parsley



Pork Mince



Parmesan Cheese

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



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 · Baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>brown sugar*</b>	½ tsp	1 tsp
<b>water*</b>	½ cup	1 cup
<b>salt*</b>	¼ tsp	½ tsp
<b>butter*</b>	40g	80g
<b>plain flour*</b>	2 tbs	¼ cup
<b>milk*</b>	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](https://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**, then cook, stirring, until a thin paste forms, **1 minute**.
- Slowly whisk in the **milk** and cook, stirring, until thickened, **1-2 minutes**. Season generously with **salt** and **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 **fresh 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, then 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 **salt**. Stir to combine and cook until slightly thickened, **2-3 minutes**.
- Remove from heat. Season with **pepper**.



## Serve up

- Divide homestyle beef and 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 | CW29



### CUSTOM OPTIONS

 **SWAP TO PORK MINCE**  
Follow method above.

 **DOUBLE PARMESAN CHEESE**  
Follow method above.

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

