



Beef Brisket Ragu Lasagne & Orange Salad

with Gourmet Garden Parsley

PASTA PERFECTION

KID FRIENDLY

Grab your meal kit with this number

38



Carrot



Brown Onion



Slow-Cooked Beef Brisket



Aussie Spice Blend



Passata



Worcestershire Sauce



Lightly Dried Parsley



Light Cooking Cream



Parmesan Cheese



Fresh Lasagne Sheets



Orange



Rocket Leaves



Flaked Almonds

Prep in: 20-30 mins
Ready in: 45-55 mins

Gourmet Garden's Aussie grown parsley is lightly dried for a fresher flavour and lasts four weeks once opened. Enjoy this herby delight added to our twist on the classic lasagne - full of veggies, tender beef brisket and an indulgent bechamel sauce.

Pantry items

Olive Oil, Butter, Plain Flour, Milk, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies.

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
olive oil*	refer to method	refer to method
carrot	1	2
brown onion	½	1
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
passata	2 packets	4 packets
Worcestershire sauce	1 packet	2 packets
lightly dried parsley	½ packet	1 packet
water*	¼ cup	½ cup
butter*	20g	40g
plain flour*	1 tbs	2 tbs
light cooking cream	1 medium packet	1 large packet
milk*	½ cup	¾ cup
Parmesan cheese	1 medium packet	1 large packet
fresh lasagne sheets	1 packet	2 packets
orange	1	2
rocket leaves	2 small packets	4 small packets
vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3128kJ (748cal)	283kJ (68cal)
Protein (g)	26.2g	2.4g
Fat, total (g)	30.4g	2.7g
- saturated (g)	16.7g	1.5g
Carbohydrate (g)	86.7g	7.8g
- sugars (g)	32.7g	3g
Sodium (mg)	1060mg	95.8mg
Dietary Fibre (g)	15.4g	1.4g

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.

In collaboration with



Grown on farms across Australia, this lightly dried parsley adds extra flavour and depth to every meal.

We're here to help!

Scan here if you have any questions or concerns

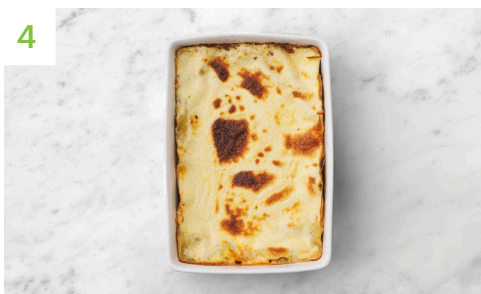


2024 | CW38



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **carrot** and **brown onion** (**see ingredients**).
- Transfer **slow-cooked beef brisket** including the liquid to a bowl and shred with two forks.



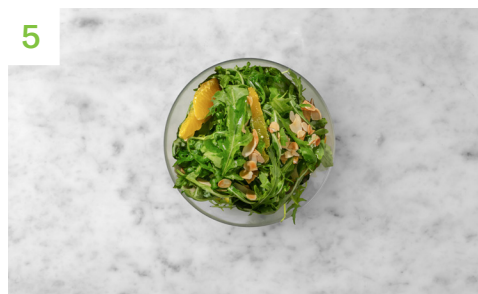
Assemble & bake the lasagne

- Spoon roughly a quarter of the **beef filling** into a baking dish, then top with a **fresh lasagne sheet**.
- Repeat with remaining **filling** and **lasagne sheets**. Finish with a final **lasagne sheet**, then pour over the **white sauce**.
- Bake **lasagne**, until the filling is bubbling and top is golden brown, **20-25 minutes**.



Cook the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **Aussie spice blend** and cook until fragrant, **1 minute**.
- Add **shredded brisket**, **passata**, **Worcestershire sauce**, **Gourmet Garden lightly dried parsley** (**see ingredients**) and the **water**. Reduce heat to medium, and simmer until slightly thickened, **2-4 minutes**.



Toss the salad

- Meanwhile, peel **orange** and slice into wedges.
- In a large bowl, combine **rocket leaves**, **orange** and a drizzle of **vinegar** (**white wine or balsamic**) and **olive oil**. Season to taste.
- Sprinkle with **flaked almonds**.



Make the bechamel

- In a medium saucepan, melt the **butter** over medium heat. Add the **plain flour** and cook, stirring, until a thick paste forms, **1-2 minutes**.
- Reduce heat to medium-low, then slowly whisk in **light cooking cream** and the **milk** until smooth. Simmer, stirring constantly, until slightly thickened, **1-2 minutes**.
- Remove from heat. Stir in **Parmesan cheese**. Season to taste with **salt** and **pepper**.



Serve up

- Divide beef brisket ragu lasagne between plates.
- Serve with orange salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate