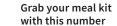


Herby Tomato Beef & Mushroom Cannelloni with Spinach, Rocket & Almond Salad

PASTA PERFECTION









Sliced Mushrooms



Soffritto Mix



Herb & Mushroom Seasoning





Tomato Paste

Worcestershire Sauce





Parmesan Cheese



Tomato Sugo



Cheddar Cheese



Spinach & Rocket



Flaked Almonds

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



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 \cdot Medium saucepan \cdot Medium or large baking dish

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
beef mince	1 medium packet	2 medium packets OR 1 large packet	
sliced mushrooms	1 medium packet	1 large packet	
soffritto mix	1 medium packet	1 large packet	
herb & mushroom seasoning	1 sachet	2 sachets	
tomato paste	1 medium packet	1 large packet	
brown sugar*	1 tsp	2 tsp	
Worcestershire sauce	1 packet	2 packets	
salt*	1/4 tsp	½ tsp	
butter*	40g	80g	
plain flour*	2 tbs	⅓ cup	
milk*	1 cup	2 cups	
Parmesan cheese	1 medium packet	1 large packet	
fresh lasagne sheets	1 packet	2 packets	
tomato sugo	1 packet	2 packets	
Cheddar cheese	1 medium packet	1 large packet	
spinach & rocket mix	1 medium packet	2 medium packets	
vinegar* (white wine or balsamic)	drizzle	drizzle	
flaked almonds	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g	
Energy (kJ)	4339kJ (1037cal)	347kJ (83cal)	
Protein (g)	62g	5g	
Fat, total (g)	46.1g	3.7g	
- saturated (g)	24.4g	2g	
Carbohydrate (g)	88.5g	7.1g	
- sugars (g)	28.6g	2.3g	
Sodium (mg)	2239mg	179.1mg	
Dietary Fibre (g)	12.8g	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.

We're here to help!

Scan here if you have any questions or concerns





Start the filling

- Preheat oven to 240°C/220°C fan-forced.
- Heat a large frying pan over medium-high heat.
- Cook beef mince (no need for oil!) and sliced mushrooms, breaking up with a spoon, until just browned, 2-3 minutes.



Finish the filling

- Add soffritto mix and cook, until tender,
 4-5 minutes.
- Add herb & mushroom seasoning and tomato paste and cook, until fragrant, 1 minute.
- Stir in the brown sugar, Worcestershire sauce and the salt and simmer, until bubbling and slightly reduced, 1-2 minutes.
- Remove from heat and set aside.



Make the béchamel sauce

- Meanwhile, 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.
- Slowly whisk in the milk, until smooth and slightly thickened 1-2 minutes.
- Remove from heat, then stir in Parmesan cheese. Season with salt and pepper.



Bake the cannelloni

- Slice fresh lasagne sheets in half widthways.
- Spoon half the tomato sugo into the bottom of a baking dish. Lay cut lasagne sheets on a flat surface.
- Spoon a heaped tablespoon of beef and mushroom filling down the centre of each sheet. Roll sheets up tightly and place, seamside down, in the baking dish.
- Repeat with remaining sheets and filling, ensuring they fit together snuggly in the baking dish.
- Evenly spread cannelloni with the remaining sugo. Top with béchamel sauce. Sprinkle with Cheddar cheese.
- Bake until golden, 20-25 minutes.



Toss the salad

- When cannelloni has 5 minutes remaining, in a medium bowl, combine spinach & rocket mix and a drizzle of vinegar and olive oil.
- · Season with salt and pepper.



Serve up

- Divide herby tomato beef and mushroom cannelloni between plates.
- Serve with spinach and rocket salad. Sprinkle flaked almonds over salad to serve. Enjoy!

Rate your recipe