

Herby Tomato Cannellini Bean Lasagne

with Parmesan Cheese

Grab your meal kit with this number

43



Brown Onion



Celery



Garlic



Carrot



Cannellini Beans



Tomato & Herb Seasoning



Passata



Baby Spinach Leaves



Red Wine Jus



Parmesan Cheese



Fresh Lasagne Sheets



Diced Bacon



Parmesan Cheese

Prep in: 25-35 mins
Ready in: 45-55 mins

Protein Rich

The rulebook has been thrown out the window with this one. We have done the unthinkable and swapped mince for cannellini beans to make the base of this herby tomato lasagne. You've heard it here first, it is so good, that we might just through the rulebook out more often.

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 or Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
celery	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
carrot	1	2
cannellini beans	1 packet	2 packets
tomato & herb seasoning	1 sachet	2 sachets
passata	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water* (for the veggies)	¼ cup	½ cup
baby spinach leaves	1 small packet	1 medium packet
butter*	20g	40g
plain flour*	2 tbs	¼ cup
milk*	½ cup	1 cup
red wine jus	1 packet	2 packets
water* (for the sauce)	½ cup	1 cup
Parmesan cheese	1 medium packet	1 large packet
fresh lasagne sheets	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3072kJ (734cal)	226kJ (54cal)
Protein (g)	34.4g	2.5g
Fat, total (g)	17.3g	1.3g
- saturated (g)	9.9g	0.7g
Carbohydrate (g)	98.5g	7.2g
- sugars (g)	23.7g	1.7g
Sodium (mg)	1655mg	121.6mg
Dietary Fibre (g)	25.8g	1.9g

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**.
- Finely chop **brown onion, celery and garlic**.
- Grate **carrot**.
- Drain and rinse **cannellini beans**.



Make the white sauce

- 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 the **milk, red wine jus and water (for the sauce)** until smooth. Simmer, stirring constantly, until slightly thickened, **1-2 minutes**.
- Remove from heat and stir in half the **Parmesan cheese**. Season with **salt and pepper**.



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion, celery and carrot**, tossing, until tender, **4-5 minutes**.
- Add **cannellini beans, garlic and tomato & herb seasoning** and cook, stirring until fragrant, **2 minutes**.



Assemble & bake the lasagne

- Spoon roughly one quarter of the **bean 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**. Sprinkle with remaining **Parmesan cheese**.
- Bake until golden, **20-25 minutes**.



Finish the filling

- Reduce heat to medium, then stir in **passata**, the **brown sugar and water (for the veggies)** and simmer, until slightly reduced, **1-2 minutes**.
- Remove from heat and stir in **baby spinach leaves** until wilted. Season with **pepper**.



Serve up

- Divide herby tomato cannellini bean lasagne between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



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.

