



Herby Tomato & Lentil Bolognese Lasagne

with Homemade Béchamel Sauce

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Carrot



Lentils



Tomato & Herb Seasoning



Diced Tomatoes With Onion & Garlic



Baby Spinach Leaves



Parmesan Cheese



Fresh Lasagne Sheets



Beef Mince



Parmesan Cheese

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

Protein Rich

The rulebook has been thrown out the window with this one. We've swapped out mince for lentils to make the base of this herby tomato lasagne and topped it with a homemade béchamel sauce. You've heard it here first, it is so good, that we might just throw 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 · Small saucepan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
lentils	1 packet	2 packet
tomato & herb seasoning	1 sachet	2 sachets
diced tomatoes with onion & garlic	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water* (for the red sauce)	¼ cup	½ cup
baby spinach leaves	1 medium packet	1 large packet
butter*	20g	40g
plain flour*	2 tbs	¼ cup
milk*	½ cup	1 cup
water* (for the white 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)	3029kJ (724cal)	242kJ (58cal)
Protein (g)	38.6g	3.1g
Fat, total (g)	15.8g	1.3g
- saturated (g)	9.3g	0.7g
Carbohydrate (g)	95.3g	7.6g
- sugars (g)	20.2g	1.6g
Sodium (mg)	3186mg	254.7mg
Dietary Fibre (g)	19.6g	1.6g

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**.
- Drain and rinse **lentils**.



Make the white sauce

- While lentils are cooking, in a small saucepan, heat 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** and **water (for the white sauce)** until smooth. Simmer, stirring constantly, until slightly thickened, **1-2 minutes**.
- Remove from heat, then stir in **Parmesan cheese**. Season to taste.



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, stirring, until tender, **2-3 minutes**.
- Add **lentils** and **tomato & herb seasoning** and cook, stirring until fragrant, **1 minute**.



Assemble & bake the lasagne

- Spoon roughly ¼ of the **lentil 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 golden, **20-25 minutes**.



Make it saucy

- To pan, add **diced tomatoes with onion & garlic**, the **brown sugar** and **water (for the red sauce)**, stirring occasionally, until thickened, **4-6 minutes**.
- Stir through **baby spinach leaves** until wilted. Season to taste with **salt** and **pepper**.



Serve up

- Divide herby tomato and lentil bolognese lasagne between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



ADD BEEF MINCE

Cook beef mince with filling, 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.

