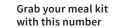


Herby Tomato Beef & Veggie Cannelloni with Spinach, Rocket & Almond Salad

PASTA PERFECTION













Brown Onion





Tomato Paste

Herb & Mushroom Seasoning





Worcestershire Sauce

Vegetable Stock





Parmesan Cheese

Fresh Lasagne Sheets





Tomato Sugo

Cheddar Cheese

Spinach & Rocket

Flaked Almonds



Pantry items

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

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

 $\label{eq:large_point} \mbox{Large frying pan} \cdot \mbox{Medium saucepan} \cdot \mbox{Medium or large} \\ \mbox{baking dish}$

Ingredients

| | 2 People | 4 People |
|---|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| zucchini | 1 | 2 |
| carrot | 1 | 2 |
| brown onion | 1/2 | 1 |
| beef mince | 1 medium packet | 2 medium packets OR 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 |
| vegetable stock pot | 1 small packet | 1 medium packet |
| butter* | 40g | 80g |
| plain flour* | 2 tbs | 1/4 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) | 4331kJ (1035Cal) | 586kJ (140Cal) |
| Protein (g) | 61.1g | 8.3g |
| Fat, total (g) | 46.8g | 6.3g |
| - saturated (g) | 24.8g | 3.4g |
| Carbohydrate (g) | 87.1g | 11.8g |
| - sugars (g) | 28.2g | 3.8g |
| Sodium (mg) | 2036mg | 276mg |
| Dietary Fibre (g) | 12.8g | 1.7g |

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.
- Thinly slice zucchini into half-moons.
- Finely chop carrot and brown onion (see ingredients).
- Heat a large frying pan over medium-high heat.
- Cook beef mince (no need for oil!) and zucchini, breaking up with a spoon, until just browned,
 2-3 minutes.



Finish the filling

- Add carrot and onion to pan with beef 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 vegetable stock pot 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.



Assemble & 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 filling down the
 centre of each sheet. Roll sheets up tightly and
 place, seam-side 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 to taste.



Finish & serve

- Divide herby tomato beef and veggie cannelloni between plates.
- · Serve with spinach and rocket salad.
- Garnish with **flaked almonds** to serve. Enjoy!



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