

Herby Tomato Beef & Veggie Cannelloni

with Spinach, Rocket & Almond Salad

PASTA PERFECTION

Grab your meal kit with this number

34



Zucchini



Carrot



Brown Onion



Beef Mince



Herb & Mushroom Seasoning



Tomato Paste



Worcestershire Sauce



Vegetable Stock Pot



Parmesan Cheese



Fresh Lasagne Sheets



Tomato Sugo



Cheddar Cheese



Spinach & Rocket Mix



Flaked Almonds

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

Eat Me First

Smooth and creamy béchamel sauce glides over lasagne sheets stuffed with a luscious, tomatoey beef and hidden veggie filling for an unforgettable mid-week treat! Pair with our peppery salad to cut through all the mouth-watering richness.

Pantry items

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

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
zucchini	1	2
carrot	1	2
brown onion	½	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	¼ 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



2025 | CW01



1 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**.



4 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 snugly 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**.



2 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.



5 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.



3 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**.



6 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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