



# Herby Tomato Cannellini Bean Lasagne

with Parmesan Cheese

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Brown Onion



Celery



Garlic



Carrot



Cannellini Beans



Tomato & Herb Seasoning



Passata



Baby Spinach Leaves



Red Wine Jus



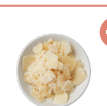
Parmesan Cheese



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 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 · Medium saucepan · Medium or Large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b> (for the veggies)	¼ cup	½ cup
baby spinach leaves	1 small packet	1 medium packet
<b>butter*</b>	20g	40g
<b>plain flour*</b>	2 tbs	¼ cup
<b>milk*</b>	½ cup	1 cup
red wine jus	1 packet	2 packets
<b>water*</b> (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)	3069kJ (733Cal)	407kJ (97Cal)
Protein (g)	34.4g	4.6g
Fat, total (g)	17.3g	2.3g
- saturated (g)	9.9g	1.3g
Carbohydrate (g)	98.3g	13g
- sugars (g)	23.8g	3.2g
Sodium (mg)	1461mg	194mg
Dietary Fibre (g)	26.1g	3.5g

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](https://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, then 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, then stir in **baby spinach leaves** until wilted. Season with **pepper**.



## Finish & serve

- 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

2025 | CW01



### CUSTOM OPTIONS



#### ADD DICED BACON

Before cooking filling, 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.

