

Lentil & Hidden Veggie Lasagne

with Mixed Leaf Salad & Parmesan

KID FRIENDLY

Grab your meal kit with this number

33



Celery



Brown Onion



Carrot



Garlic



Fresh Lasagne Sheets



Lentils



Garlic & Herb Seasoning



Diced Tomatoes With Onion & Garlic



Vegetable Stock Pot



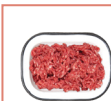
Light Cooking Cream



Parmesan Cheese



Mixed Salad Leaves



Beef Mince



Diced Bacon

Prep in: 20-30 mins
Ready in: 45-55 mins

Construction is key when making a good lasagne but maybe more importantly is what you pack in it. Lay a sheet of lasagne and begin adding the rich tomato sauce dotted with hidden sautéed veggies. Then another lasagne sheet and more sauce and more and more! Don't forget the Parmesan to give it an extra zap.

Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

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 baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 medium packet	2 medium packets
brown onion	1	2
carrot	1	2
garlic	2 cloves	4 cloves
fresh lasagne sheets	1 packet	2 packets
lentils	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with onion & garlic	1 packet	2 packets
vegetable stock pot	1 small packet	1 medium packet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
light cooking cream	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3190kJ (400cal)	400kJ (50cal)
Protein (g)	37.7g	4.7g
Fat, total (g)	20.6g	2.6g
- saturated (g)	11.7g	1.5g
Carbohydrate (g)	95.1g	11.9g
- sugars (g)	23.8g	3g
Sodium (mg)	3026mg	379.2mg
Dietary Fibre (g)	22.7g	2.8g

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 **celery** and **brown onion**.
- Grate **carrot**.
- Finely chop **garlic**.
- Slice **fresh lasagne sheet** in half widthways.
- Drain and rinse **lentils**.

Little cooks: *Under adult supervision, older kids can help grate the zest.*



Assemble the lasagne

- Spoon half of the **lentil filling** into a medium baking dish. Top with a layer of **lasagne sheets** (lay two sheets alongside each other for 4 people).
- Repeat with the remaining **lentil filling** and **lasagne sheets**. Top with **bechamel sauce**.
- Bake **lasagne**, until golden, **20-25 minutes**.

Little cooks: *Help assemble the lasagne!*



Sauté the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery, onion** and **carrot**, stirring, until softened, **7-8 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1-2 minutes**.
- Reduce heat to medium, then add **diced tomatoes with onion & garlic, vegetable stock pot, lentils**, the **butter, brown sugar** and **water**, and cook until thickened, **4-6 minutes**. Season with a pinch of **salt** and **pepper**.



Make the salad

- When the lasagne has **5 minutes** remaining, combine **mixed salad leaves**, a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season to taste.

Little cooks: *Take the lead by tossing the salad!*



Cook the bechamel sauce

- Meanwhile, heat a small saucepan over medium heat. Heat **light cooking cream**, until starting to steam, **2-4 minutes**.
- Add **Parmesan cheese** and whisk until combined and smooth.



Finish & serve

- Divide lentil and hidden veggie lasagne between plates. Serve with mixed leaf salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



CUSTOM OPTIONS

+ ADD BEEF MINCE

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes.

+ ADD DICED BACON

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

