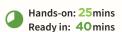


Chorizo & Spinach

One-Pan Lasagna





Here's to the shortcutters! There's no shame in that game – we love cutting straight to the eating too. This one-pan lasagna has two great shortcuts – the first is cooking the whole thing in one pan, and the second is using chorizo for a massive flavour hit in no time.





(but authent-ish) lasagna





Chorizo Sausage







Carrot

Garlic





Basil

Baby Spinach Leaves





Mozzarella Cheese

Diced Tomatoes



Lasagna Sheets

Pantry Staples





Olive Oil

Balsamic Vinegar



Nater

BEFORE YOU STAR

You will need: chef's knife, chopping board, vegetable peeler, garlic crusher, fine grater, medium ovenproof frying pan with lid, medium bowl and aluminium foil. Let's start cooking the Chorizo & Spinach One-Pan Lasagna.



GET PREPPED Preheat the grill to high. Remove the case from the **chorizo sausage** and roughly chop. Dice the **brown onion**. Peel and dice the carrot. Peel and crush the garlic. Roughly chop the basil. Roughly chop the **baby spinach leaves**. Finely grate the mozzarella cheese.



COOK CHORIZO Heat the **olive oil** in a medium oven-proof frying pan over a medium-high heat. Add the chorizo and fry for 5-6 minutes, or until golden and crispy.



COOK VEGGIES Add the brown onion, carrot, garlic and half of the basil and cook for 5 minutes, or until softened. Add the diced tomatoes, balsamic vinegar and water and season with salt and pepper. Reduce the heat to low, simmer for 5 minutes, then stir through the baby spinach leaves. Transfer half the mixture to a medium bowl.



33.7 Protein (g) 31.4 Fat, total (g) 12 saturated (g) 70.2 Carbohydrate (g) 15.5 sugars (g) 1210 Sodium (mg)



LAYER YOUR LASAGNA Place half the lasagna sheets (you may need to break them to fit in the pan) over the top of the remaining mixture in the frying pan. Pour the second half of the mixture over the top and top with the remaining lasagna sheets. Sprinkle with the mozzarella cheese and cover with a lid. Reduce the heat to low and simmer for **20-25 minutes**, or until the **lasagna sheets** are soft. If you do not have a frying pan with a lid, cover with aluminum foil.



GET GRILLING When the **lasagna** is cooked, transfer the pan to the grill and grill for 2-3 minutes, or until the cheese is golden.

TIP: Investing in an oven proof pan is a great idea. For recipes that start with frying and end in the oven, you can save on time and washing up!



SERVE UP To serve, divide the **chorizo lasagna** between plates and garnish with the remaining basil.

Enjou!

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 hello@hellofresh.com.au

INGREDIENTS

1

1/2

1

1 clove

1 bunch

1 bag

1 block

1 tbs

1 tin

1 tsp

1/4 cup

PER SERVING

3010

4-5

*Pantry Items | • Ingredient features in another recipe

2

2

2 cloves

2 bags

2 tbs

2 tins

2 tsp

½ cup

PER 100G

540

6

5.6

2.1

12.6

2.8

217

8-10

2 blocks

2 bunches

chorizo sausage

brown onion @

baby spinach leaves

mozzarella cheese

diced tomatoes

balsamic vinegar

lasagna sheets

NUTRITION

Energy (kj)

carrot

garlic 👁 basil

olive oil

water*

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