



Chorizo & Spinach

One-Pan Lasagna



*Bake a cheat's
(but authent-ish) lasagna*



Chorizo Sausage



Brown Onion



Carrot



Garlic



Basil



Baby Spinach Leaves



Mozzarella Cheese



Diced Tomatoes



Lasagna Sheets

Pantry Staples



Olive Oil



Balsamic Vinegar



Water

Hands-on: **25mins**
Ready in: **40mins**

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.

BEFORE YOU START

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**.



1 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**.



2 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.



3 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.



4 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 aluminium foil.



5 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!



6 SERVE UP

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

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
chorizo sausage	1	2
brown onion	½	1
carrot	1	2
garlic	1 clove	2 cloves
basil	1 bunch	2 bunches
baby spinach leaves	1 bag	2 bags
mozzarella cheese	1 block	2 blocks
olive oil *	1 tbs	2 tbs
diced tomatoes	1 tin	2 tins
balsamic vinegar *	1 tsp	2 tsp
water *	¼ cup	½ cup
lasagna sheets	4-5	8-10

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kj)	3010	540
Protein (g)	33.7	6
Fat, total (g)	31.4	5.6
saturated (g)	12	2.1
Carbohydrate (g)	70.2	12.6
sugars (g)	15.5	2.8
Sodium (mg)	1210	217

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2017 | WK11 | C5

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