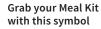


## Hidden Veggie & Lentil Lasagne with Mixed Leaf Salad & Parmesan

CLIMATE SUPERSTAR



Brown Onion



Celery



Garlic

Carrot





Lentils

Garlic & Herb Seasoning



**Diced Tomatoes** With Garlic & Onion Vegetable Stock Powder



Mixed Salad Leaves

Fresh Lasagne Sheets



Shaved Parmesan Cheese



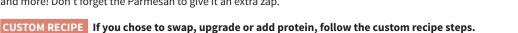
Thickened

Cream

Pantry items

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

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.



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### Before you start Remember to wash your hands for 20 seconds.

You'll also need to give your veggies a wash. You will need

Large frying pan · Small saucepan · Medium baking dish

ingi calcite	3	
	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 medium packet	1 large packet
lentils	1 tin	2 tins
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
water*	1⁄4 cup	½ cup
thickened cream	1 medium packet	2 medium packets
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
mixed salad leaves	1 small bag	1 medium bag
vinegar*(white wine or balsamic)	drizzle	drizzle
beef mince**	1 small packet	1 medium packet
*Pantry Items **Custon	n Recipe Ingredient	

### \*Pantry Items \*\* Custom Recip

Per Serving	Per 100g			
3220kJ (770Cal)	398kJ (95Cal)			
34.4g	4.2g			
21.1g	2.6g			
11.4g	1.4g			
102.9g	12.7g			
26.9g	3.3g			
2320mg	287mg			
	3220kJ (770Cal) 34.4g 21.1g 11.4g 102.9g 26.9g			

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4164kJ (995Cal)	446kJ (107Cal)
Protein (g)	61.9g	6.6g
Fat, total (g)	33.9g	3.6g
- saturated (g)	17g	1.8g
Carbohydrate (g)	102.9g	11g
- sugars (g)	26.9g	2.9g
Sodium (mg)	2396mg	256mg

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 2023 | CW04



### 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 sheets** in half widthways. Drain and rinse **lentils**.

**Custom Recipe:** If you've added beef mince, drain and rinse 1/2 the lentils.

# 2

### Cook the filling

- 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 and add diced tomatoes with garlic & onion, vegetable stock powder, lentils, butter, brown sugar and the water, and cook until thickened, 4-6 minutes. Season with a pinch of salt and pepper.

**Custom Recipe:** Cook beef mince with the veggies, breaking up with a spoon, 7-8 minutes. Continue with step as above.



### Make the salad

 When lasagne has 5 minutes remaining, in a medium bowl, combine mixed salad leaves, a drizzle of vinegar and olive oil. Season.



### Cook the sauce

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



### Serve up

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



### Assemble the lasagne

- Spoon 1/2 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 until golden, **20-25 minutes**.

