



# Hidden Veggie & Lentil Lasagne

with Mixed Leaf Salad & Parmesan

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Celery



Brown Onion



Carrot



Garlic



Lentils



Garlic & Herb Seasoning



Diced Tomatoes With Garlic & Onion



Vegetable Stock Powder



Mixed Salad Leaves



Fresh Lasagne Sheets



Thickened Cream



Shaved Parmesan Cheese



Beef Mince

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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



## 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>butter*</b>	20g	40g
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	¼ 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
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3220kJ (770Cal)	398kJ (95Cal)
Protein (g)	34.4g	4.2g
Fat, total (g)	21.1g	2.6g
- saturated (g)	11.4g	1.4g
Carbohydrate (g)	102.9g	12.7g
- sugars (g)	26.9g	3.3g
Sodium (mg)	2320mg	287mg

### 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](https://www.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



## 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.



## 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**.



## 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!

## Rate your recipe

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