



Creamy Green Veggie Lasagne

with Parmesan Cheese

NEW

Grab your Meal Kit with this symbol



Brown Onion



Zucchini



Broccoli



Vegetable Stock Pot



Garlic & Herb Seasoning



Light Cooking Cream



Baby Spinach Leaves



Fresh Lasagne Sheets



Parmesan Cheese



Parmesan Cheese

Prep in: 25-35 mins
Ready in: 50-60 mins

Who said a lasagne required mince? We certainly think that this green veggie loaded version is here to contest the best and with a cheesy topping, how could you possibly resist?

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

Pantry items

Olive Oil, Butter, Plain Flour, Milk

Before you start

Wash your hands and any fresh food.

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 · Medium saucepan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
zucchini	1	2
broccoli	1 head	2 heads
vegetable stock pot	1 medium packet	2 medium packets
boiling water*	½ cup	1 cup
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	40g	80g
plain flour*	2 tbs	¼ cup
milk*	½ cup	1 cup
light cooking cream	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
fresh lasagne sheets	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3332kJ (796Cal)	490kJ (117Cal)
Protein (g)	34.5g	5.1g
Fat, total (g)	37.2g	5.5g
- saturated (g)	22.1g	3.3g
Carbohydrate (g)	78g	11.5g
- sugars (g)	18g	2.6g
Sodium (mg)	1354mg	199mg
Dietary Fibre (g)	15.4g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3540kJ (846Cal)	511kJ (122Cal)
Protein (g)	38.6g	5.6g
Fat, total (g)	40.9g	5.9g
- saturated (g)	24.8g	3.6g
Carbohydrate (g)	78.3g	11.3g
- sugars (g)	18.2g	2.6g
Sodium (mg)	1486mg	215mg
Dietary Fibre	15.4g	2.2g

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



Get prepped

- Preheat oven to **220°C/200°C fan forced**.
- Finely chop **brown onion**.
- Thinly slice **zucchini** into half-moons.
- Roughly chop **broccoli** (including stalk!).
- In a medium heatproof bowl, combine **vegetable stock pot** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people). Set aside.



Assemble the lasagne

- Spoon roughly one quarter of the **veggie filling** into a baking dish, then top with some **white sauce** and a **fresh lasagne sheet**. Repeat with the remaining **filling, sauce** and **lasagne sheets**.
- Finish layering with a **lasagne sheet**, then pour over the remaining **sauce**. Sprinkle with **Parmesan cheese**.

Custom Recipe: If you've doubled your Parmesan cheese, sprinkle extra cheese over lasagne as above.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **zucchini** and **broccoli**, tossing, until tender, **5-6 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**. Set aside.



Bake the lasagne

- Bake **lasagne** until golden, **20-25 minutes**.



Make the white sauce

- In a medium saucepan, melt the **butter** with a drizzle of **olive oil** over medium heat. Cook **onion**, stirring, until tender, **3-5 minutes**.
- Add the **plain flour** and cook, stirring, until a thick paste forms, **1-2 minutes**.
- Reduce heat to medium-low, then slowly whisk in the **milk** and **stock mixture** until smooth. Stir through **light cooking cream** and simmer, stirring constantly, until slightly thickened, **1-2 minutes**.
- Remove from heat. Stir in **baby spinach leaves**. Season with **pepper**.



Serve up

- Divide creamy green veggie lasagne between plates to serve. Enjoy!

Rate your recipe

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