



# Veggie Lasagne

with Mushrooms & Lentils



## HELLO LASAGNE

*This dish made its first appearance in Italy in the 14th century!*



Onion



Carrot



Chestnut Mushrooms



Chives



Vert Lentils



Worcester Sauce



Diced Tomatoes



Vegetable Stock Pot



Milk



Water



Unsalted Butter



Plain Flour



Lasagne Sheets



Hard Italian Cheese

MEAL BAG

- 45 mins
- 5 of your 5 a day
- Veggie

Béchamel sauce (also known as 'white sauce') is one of the five mother sauces of French cuisine. Traditionally used as a base for other flavours, such as cheese and parsley, it is a fundamental part of dishes such as cauliflower cheese, fish pie, and tonight's veggie lasagne. Rich in flavour, layered up with veg and lentils, and finished with a bubbling cheesy topping, this is the mother of all veggie lasagnes!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Colander**, **Large Saucepan**, **Measuring Jug**, **Small Saucepan** and **Ovenproof Dish**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion** into half moons. Remove the top and bottom from the **carrot** (no need to peel), then halve lengthways and slice into thin half moons. Quarter the **chestnut mushrooms**. Finely chop the **chives** (or use scissors if you prefer). Drain and rinse the **lentils** in a colander.



### 2 START THE RAGU

Heat a splash of **oil** in a large saucepan over medium-high heat. When the **oil** is hot, add the **onion**, **carrot** and **mushrooms**. Cook, stirring frequently until the **carrot** has softened, 6-7 mins. Add the **Worcester sauce** and cook for 1 minute more before stirring in the **diced tomatoes**. Bring to a simmer, stir in **half** the **vegetable stock pot** and leave to cook until the **ragu** is thick and tomatoey, 12-15 mins.



### 3 MAKE THE BÉCHAMEL

Meanwhile, mix the **milk** and **water** (amount specified in the ingredient list) in a measuring jug. Melt the **butter** in a small saucepan over medium heat. Add the **flour** and stir to create a sandy paste. Cook for 1 minute, then slowly pour in the **milk and water**. Stir continuously until the **sauce** is boiling. Add the remaining **stock pot** and cook until the **sauce** is thick enough to coat the back of a spoon, 4-5mins. Remove from the heat.



### 4 ASSEMBLE THE LASAGNE

When the **ragu** is cooked, stir in the **lentils**. Season to taste. Lightly **oil** the bottom of an ovenproof dish and lay in a few **lasagne sheets** until they cover the dish evenly, without overlapping too much. Top with **half** of the **ragu**, then add another layer of **pasta** (break up the sheets to fill the gaps if necessary). Next, spread over **one-third** of the **béchamel sauce**. First layer done!



### 5 FINISH THE LASAGNE

Spoon over the remaining ragu, followed by another third of the béchamel and a final layer of **pasta**. Mix the chives through the rest of the béchamel and then spoon this on top of the **pasta**. Make sure the final layer of **pasta** is covered with béchamel. Sprinkle over the hard Italian **cheese**, then bake on the middle shelf of your oven until the **cheese** is bubbling and golden, 25 mins.



### 6 SERVE

Once cooked, allow the **lasagne** to sit for 5 mins (this will help it keep its shape when you cut into it). Share between your plates and tuck in! **Enjoy!**

## 2 PEOPLE INGREDIENTS

Onion, sliced	1
Carrot, sliced	1
Chestnut Mushrooms, quartered	1 small punnet
Chives, chopped	½ bunch
Vert Lentils	1 tin
Worcester Sauce	2 tbsps
Diced Tomatoes	1 tin
Vegetable Stock Pot <sup>9) 12)</sup>	1
Milk <sup>7)</sup>	189ml
Water*	100ml
Unsalted Butter <sup>7)</sup>	30g
Plain Flour <sup>1)</sup>	24g
Lasagne Sheets <sup>1)3)</sup>	3
Hard Italian Cheese <sup>7)</sup>	40g

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	968	116
(kJ)	4024	481
Fat (g)	25	3
Sat. Fat (g)	14	2
Carbohydrate (g)	142	17
Sugars (g)	27	3
Protein (g)	42	5
Salt (g)	5.92	0.71

### ALLERGENS

1)Gluten 3)Egg 7)Milk 9)Celery 12)Sulphites

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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