

Cheesy Beef and Eggplant 'Lasagna'

hellóchef

Lasagna flavours - without the pasta!

Cals 825 • Prot 73 • Carbs 45 • Fat 40

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🕒 cook: 60 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Eggplants	2 ppl	3 ppl	4 ppl	
Eggplant	2	3	3	Piece
Olive oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Beef sauce				
Lean beef mince	350	525	700	Grams
Red onion	1	2	2	Piece
Garlic cloves	4	6	8	Piece
Olive oil	2	3	4	Tbsp
Tomato paste	50	70	70	Grams
Water	50	100	100	ML
Beef stock cube 4*, 5*, 9*, 11*, 15*	0.5	1	1	Piece
Chopped tomatoes	400	400	800	Grams
Dried basil	2	2	4	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Grated Parmesan 4*, 5*	60	90	120	Grams
Grated mozzarella 4*	100	150	200	Grams
To serve				
Fresh basil	15	15	15	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3443 / 825
Fat (g)	40.4
of which saturates (g)	14.2
Carbohydrate (g)	45
of which sugars (g)	24.3
Fiber (g)	18.7
Protein (g)	73.1
Salt (g)	4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Preheat the oven to 200°C/180°C fan. Chop the **eggplants** into 1 cm thick slices. Peel and finely chop the **onion** and **garlic**.



2 Roast eggplants

Arrange the **eggplant** slices on a lined baking tray. Drizzle with **oil** and sprinkle with a generous pinch of **salt**. Roast for 25 min. You may need to do this in batches or use 2-3 trays.

Tip! Fry the eggplant slices in oil instead of roasting them in the oven. Use two pans at once to save time.



3 Make sauce

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min. Add the **beef** and fry for 5 min further. Add the **garlic** and **tomato paste** and fry for 2 min further. Add the **measured water**, {0.5/0.5/1} **stock cube**, **chopped tomatoes**, **basil**, **salt** and **pepper**. Once boiling, reduce the heat to low and simmer for 10 min.



4 Bake

Arrange a layer of the **beef mixture** in a baking dish. Top with a layer of the **eggplants**. Repeat this process until all of the **eggplant** and **sauce** are used up. Finally, top with the **grated mozzarella** and the **grated Parmesan**. Bake for 20-25 min.



5 Serve

Allow the baked **lasagna** to rest for 5-10 min before serving. Garnish with the **fresh basil** leaves.