



*Worth the wait!*

**Cooking Time: 50 min**

**Cals 932 | Prot 34 | Carbs 142 | Fat 26**

#### Tips For Fussy Eaters

Save the salad for the grown-ups!

#### Pro Tip

You may need to layer the sauce and lasagna sheets differently depending on the size of your dish.



## Ingredients

For 2 For 3 For 4

### Bolognese

Beef mince	350	525	700	Grams
Red onion	1	2	2	Pieces
Carrot	1	2	2	Pieces
Olive oil	1	2	2	Tbsp
Garlic paste	10	15	20	Grams
Salt	0.5	0.5	1	Tsp
Dried oregano	2	4	4	Grams
Tomato paste	70	70	140	Grams
Tomato passata	200	400	400	Grams
Honey	15	15	30	Grams
Worcestershire sauce	15	22	30	Grams
Black pepper	0.5	1	1	Tsp
Beef stock cube	0.5	1	1	Pieces
Water	200	200	400	ML

### Béchamel

Salted butter	20	50	50	Grams
Plain flour	10	20	20	Grams
Whole milk	200	400	400	ML
Grana padano	60	60	120	Grams
Lasagna sheets	6	9	12	Pieces

### Salad

Baby spinach	60	90	125	Grams
Balsamic vinegar	15	22	30	ML
Olive oil	1	2	2	Tbsp



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### 1 Prep

Preheat the oven to 200°C/ 180°C. Peel and finely chop the **onion**. Peel and finely chop (or grate!) the **carrot**.



### 2 Sweat

Heat a large pan over a medium-low heat with a drizzle of **olive oil**. Cook the **onion, carrot** and **garlic paste** with a pinch of **salt** for 7 min until soft. Add the **beef mince**, increase the heat to medium high and cook for 4 min further until brown and crispy.



### 3 Simmer

Add the **oregano, tomato paste, tomato passata, honey, Worcestershire sauce, pepper, stock cube** and **water**. Simmer for 5 min.



### 4 Make Béchamel

Meanwhile, melt the **butter** in a saucepan over a medium heat. Add the **flour** and stir until a sandy paste has formed. Gradually add the **milk** and whisk for 3-4 min until thickened. Add half the **grana padano** and season with **salt** and **pepper**.



### 5 Bake

Pour half of the **beef sauce** over the bottom of an oven-proof dish. Top with half of the **lasagna sheets** (see pro tip). Repeat. Cover with the **béchamel**, top with the remaining **grana padano** and bake for 25-30 min or until the pasta is cooked.



### 6 Prep salad

Meanwhile, wash the **spinach**. Whisk together the **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper** - this is your **dressing**. Serve the **lasagna** with the **spinach** salad to the side with the **dressing** drizzled over the top.