

# Classic Beef Lasagna

## with Crispy Lettuce Side Salad

**hellóchef**

Worth the wait!

Cals 1110 • Prot 78 • Carbs 80 • Fat 53

**Weekly Classic**

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🕒 cook: 60 min

R3375





Before you start

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

Ingredients

Bolognese	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Red onion	1	2	2	Piece
Carrot	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Dried oregano	2	2	4	Grams
Tomato paste	70	70	140	Grams
Tomato passata	200	400	400	Grams
White sugar	5	10	10	Grams
Worcestershire sauce 6*, 11*	15	22	30	ML
Black pepper	0.5	0.5	1	Tsp
Beef stock cube 4*, 5*, 9*, 11*, 15*	0.5	1	1	Piece
Water	200	200	400	ML
Bechamel				
Butter 4*	20	40	40	Grams
Plain flour 10*, 11*	20	40	40	Grams
Whole milk 4*	200	400	400	ML
Grated Parmesan 4*, 5*	60	90	120	Grams
Lasagna sheets 5*, 9*, 10*, 11*	6	9	12	Piece
Grated cheddar 4*	60	90	120	Grams
Salad				
Crispy green lettuce mix	100	100	200	Grams
Olive oil	2	3	4	Tbsp
Balsamic vinegar 14*	15	22	30	ML

Allergens

\*6 Fish, \*11 Gluten, \*4 Milk, \*5 Eggs, \*9 Soya, \*15 Celery, \*10 Wheat, \*14 Sulphur Dioxide

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)	4641 / 1110
Fat (g)	53.2
of which saturates (g)	25.3
Carbohydrate (g)	80
of which sugars (g)	23.6
Fiber (g)	8.7
Protein (g)	78
Salt (g)	4.7

\*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

Preheat the oven to 200°C/ 180°C. Peel and finely chop the **onion**. Peel and grate the **carrot**. Peel and mince the **garlic**.



2 Fry

Heat a large pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **onion, carrot** and **garlic** with a pinch of **salt** and fry 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**.

**Tip!** Adding salt to the onion, carrot and garlic helps to draw out water, allowing them to cook and soften faster!



3 Simmer

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



4 Make bechamel

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 the **grated parmesan** 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**. Repeat. Cover with the **béchamel**, top with the **grated cheddar** and bake for 25–30 min or until the **pasta** is cooked.

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



6 Prep salad

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