



# Veggie Lentil Lasagne

with Basil & Ricotta Topping



No garlic crusher,  
no worries



Brown Onion



Garlic



Lentils



Zucchini



Cheddar Cheese



Diced Tomatoes



Basil



Dried Lasagne



Smooth Ricotta

### Pantry Staples



Olive Oil



Balsamic Vinegar



Warm Water



Milk

Hands-on: 25 mins  
Ready in: 45 mins

Lentils are so hearty and flavoursome. They more than hold their own in this vegetarian rendition of an absolute weeknight dinner classic.

## BEFORE YOU START

You will need: **chef's knife, chopping board, garlic crusher, sieve, grater, large frying pan, wooden spoon, small baking dish, medium bowl** and **spoon**. Let's start cooking the **Veggie Lentil Lasagne with Basil & Ricotta Topping**



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely slice the **brown onion**.

 Peel and crush in the **garlic**. If you don't have a garlic crusher, lay the **garlic** clove on a chopping board. Place a chef's knife flat on top of the **garlic** clove and press down firmly to crush. Finely chop the **garlic**. Drain and rinse the **lentils**. Finely grate the **zucchini**. Finely grate the **Cheddar cheese**.



### 2 COOK THE LASAGNE FILLING

Heat the **olive oil** in a large frying pan over a medium-high heat. Cook the **brown onion** for **4-5 minutes**, or until softened. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **lentils**, grated **zucchini**, **balsamic vinegar**, **warm water** and **1/2** the **diced tomatoes**. Season with **salt** and **pepper**. Bring the mixture to the boil, reduce the heat to low and simmer for **4-5 minutes**, or until thickened. Tear in the **basil** leaves and stir through veggie lentil mixture.



### 3 ASSEMBLE THE LASAGNE

Pour **1/2** of the veggie lentil mixture into the base of a small baking dish. Top with 2-3 **dried lasagne** sheets so the mixture is covered (you may need to break one in half to fit your dish). Repeat with the remaining mixture and **dried lasagne** sheets. Pour over the **remaining diced tomatoes** and spread so the top of the lasagne is covered.



### 4 MAKE THE RICOTTA TOPPING

In a medium bowl combine the **smooth ricotta**, grated **Cheddar cheese** and **milk**. Season with **salt** and **pepper**. Spoon over the ricotta mixture and spread so the top of the lasagne is covered.



### 5 BAKE THE LASAGNE

Bake the lasagne for **30-35 minutes**, or until the lasagne sheets have softened and the ricotta topping is golden and melted.



### 6 SERVE UP

Divide the veggie lentil lasagne between plates.

*Enjoy!*

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
<b>brown onion</b> 	1/2	1
garlic	2 cloves	4 cloves
lentils	1 tin (400g)	2 tins (800g)
zucchini	1	2
Cheddar cheese	1 block (50g)	2 blocks (100g)
olive oil*	1 tbs	2 tbs
balsamic vinegar*	1 tbs	2 tbs
warm water*	1/4 cup	1/2 cup
diced tomatoes	1 tin (400g)	2 tins (800g)
basil	1 bunch	2 bunches
dried lasagne	4 sheets	8 sheets
smooth ricotta	1 tub (250g)	2 tubs (500g)
milk*	2 tbs	4 tbs

\*Pantry Items |  Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3010kJ (720Cal)	355kJ (85Cal)
Protein (g)	35.1g	4.1g
Fat, total (g)	25.5g	3.0g
- saturated (g)	11.8g	1.4g
Carbohydrate (g)	77.5g	9.1g
- sugars (g)	18.3g	2.2g
Sodium (g)	376mg	44mg

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