



HELLO  
FRESH

# Beef and Creamy Béchamel Lasagne

with Hidden Veg: Carrot and Courgette

Hidden Veg

Blender Needed

Preparation time : 70 min.



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Find the full recipe and preparation details online.  
<https://hfresh.cottey.fr/en-GB/recipes/beef-and-creamy-bechamel-lasagne-390>

Detach me! \_\_\_\_\_

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Medium Saucepan, Garlic Press, Grater, Bowl, Pan, Blender, Oven dish

Ingredients for 1-6 people

| Ingredient                               | 2p  | 3p  | 4p  |
|------------------------------------------|-----|-----|-----|
| Garlic Clove (unit(s))                   | 2   | 3   | 4   |
| Carrot (unit(s))                         | 1   | 1½  | 2   |
| Courgette (unit(s))                      | 1   | 1½  | 2   |
| Creme Fraiche (grams)                    | 150 | 225 | 300 |
| Grated Hard Italian Style Cheese (grams) | 40  | 60  | 80  |
| Tomato Passata (carton(s))               | 1   | 1½  | 2   |
| British Beef Mince (grams)               | 240 | 360 | 480 |
| Red Wine Stock Paste (grams)             | 28  | 42  | 56  |
| Lasagne Sheets (pack(s))                 | 1   | 1½  | 2   |
| Butter (grams)                           | 20  | 30  | 40  |
| Plain Flour (tbsp)                       | 1½  | 2½  | 3   |
| Water for the Sauce (milliliter(s))      | 150 | 225 | 300 |
| Sugar (tsp)                              | 1   | 1½  | 2   |
| Water for the Ragu (milliliter(s))       | 150 | 225 | 300 |
| Add yourself                             |     |     |     |

Salt, pepper, oil and water according to taste.

Nutritional values

| Per serving        | Amount   |
|--------------------|----------|
| Energy (kj)        | 3877 kj  |
| Energy (kcal)      | 927 kcal |
| Fat                | 53.5 g   |
| of which saturates | 30.6 g   |
| Carbohydrate       | 70.8 g   |
| of which sugars    | 22.3 g   |
| Dietary Fibre      | 7.3 g    |
| Protein            | 43.9 g   |
| Salt               | 3.27 g   |

Allergens

Egg, Milk, Wheat, May contain traces of allergens, Celery, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, then coarsely grate (no need to peel). Trim the **courgette**, then coarsely grate.  
Heat a large frying pan on medium-high heat with a drizzle of **oil**.  
Once hot, add the **carrot** and **courgette** and season with **salt**. Stir-fry until the **veg** have cooked down and softened, 8-12 mins. Adjust the heat if needed.



Simmer Simmer

Once browned, add the **garlic** to the **mince** and fry until fragrant, 1 min.  
Stir in the **blended veg** and **passata sauce**, **red wine stock paste**, **sugar** and **water for the ragu** (see pantry for both amounts). Bring to the boil, then reduce the heat and simmer until thickened, 5-6 mins.  
Season with **salt** and **pepper**, then remove from the heat. Taste and season with more **salt**, **pepper** and **sugar** if you feel it needs it.



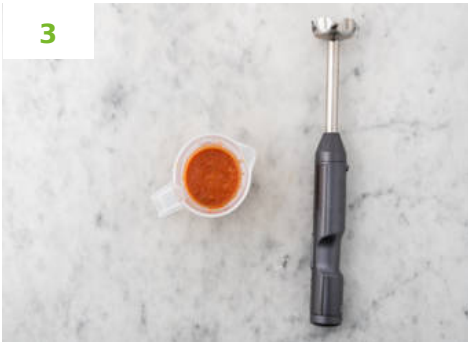
Cheese Please

While the **veg** cooks, melt the **butter** (see pantry for amount) in a medium saucepan on medium-high heat.  
Once the **butter** has melted, stir in the **flour** (see pantry for amount). Cook, stirring, until it forms a paste, 1-2 mins - you've made a **roux**!  
Gradually stir in the **water for the sauce** (see pantry for amount). Bring to the boil, stir and simmer until thickened, 1-2 mins. Season with **salt**.  
Stir in the **creme fraiche** and **half** the **hard Italian style cheese** until the **cheese** has melted, 1-2 mins. Season with **salt** and **pepper**, then remove from the heat. Set aside for later.



Layer Up

When the **sauc**es are ready, in an appropriately sized ovenproof dish, spread a **third** of the **ragu sauce** in an even layer. Cover with a layer of **lasagne sheets**, then a layer of the **cheese sauce**.  
Repeat until you have **three layers** of **ragu**, **lasagne sheets** and **cheese sauce**. Finish with the remaining **hard Italian style cheese** on top.  
Pop on the middle shelf of your oven and bake until golden and bubbling, 25-30 mins.



Hide the Veg!

**Hide the Veg:** Once cooked, add the veg to a blender along with the *passata*. Blitz until smooth. If you don't have a blender, set the veg aside in a small bowl and add to the mince once browned in the next step.  
Next, return the (now empty) frying pan to medium-high heat (no oil).  
Once hot, add the **beef mince**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks.  
When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Serve

Once ready, share your **lasagne** between your plates.

Enjoy your meal!