

# DINNERLY



## Hearty Beef and Pork Lasagne

Twice the meals for a ripper deal!



1,5 hours



4 Servings

Check out our mind-blowing mealtime maths! We doubled the protein, carbs and veggies to create this Double Serve recipe. That's twice the serves – perfect for feeding extra-hungry peeps all the yummo flavours they love. If you're on a 2-person plan, this dish will make 4 portions; on a 4-person plan, it'll make 8 portions. Talk about the perfect equation!



## WHAT WE SEND

- 1 garlic clove
- 2 carrots
- 25g parmesan <sup>3</sup>
- lean beef mince
- lean pork mince
- 2 x 10g Italian seasoning <sup>4</sup>
- 50g tomato paste
- 400g diced tomatoes
- 285g fresh lasagne sheets <sup>1,2,5</sup>

## WHAT YOU NEED

- 1 tbs olive oil
- 1½ tsp sugar
- 40g butter <sup>3</sup>
- 35g (¼ cup) plain flour <sup>2,5</sup>
- 200ml milk <sup>3</sup>

## TOOLS

- box grater
- large deep frypan with lid
- small saucepan
- 1.5L (6 cup) baking dish

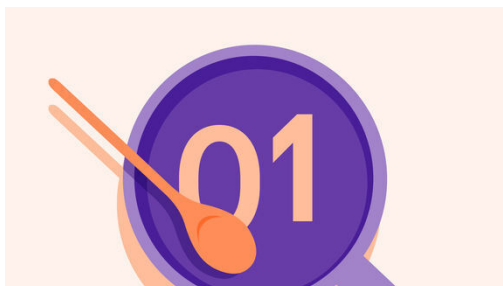
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Egg (1), Gluten (2), Milk (3), Sulphites (4), Wheat (5). May contain traces of other allergens.

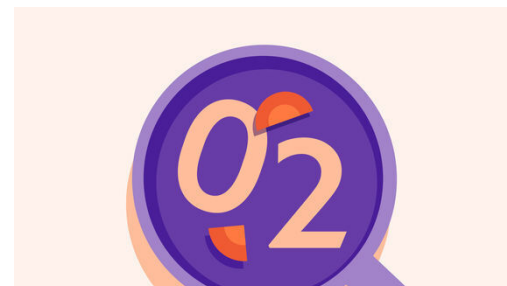
## NUTRITION PER SERVING

Energy 730kcal, Fat 34.9g, Carbs 58.5g, Protein 46.3g



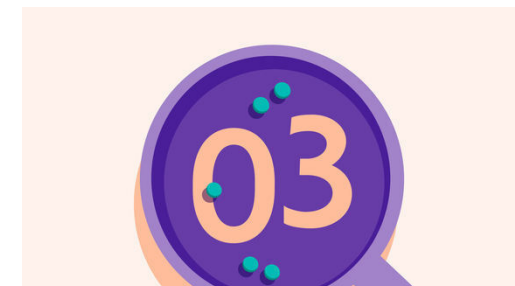
### 1. Prep ingredients

Preheat the oven to 200C, fan-forced. Crush or finely chop the **garlic**. Coarsely grate the **carrots**. Finely grate the **parmesan**.



### 2. Start beef mixture

Heat **1 tbs olive oil** in a large deep frypan over high heat. Cook the **beef mince** and **pork mince**, breaking up the lumps with a spoon, for 5-6 mins until browned. Reduce the heat to medium-high. Add the **carrot** and cook, stirring occasionally, for 4-5 mins until softened. Add the **garlic** and **Italian seasoning** and cook, stirring, for 1-2 mins until fragrant.



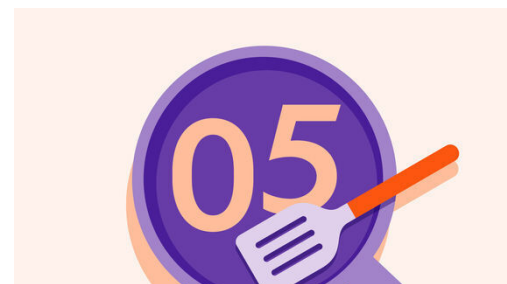
### 3. Finish beef mixture

Add the **tomato paste**, **tomatoes**, **1½ tsp sugar** and **250ml (1 cup) water** to the beef mixture and season with **salt and pepper**. Cook, covered, for 5 mins. Uncover and cook for a further 5-7 mins until the sauce is thickened. Remove the pan from the heat. Taste, then season with **salt and pepper**.



### 4. Make bechamel sauce

Meanwhile, melt **40g butter** in a small saucepan over medium heat. Add **35g (¼ cup) flour** and cook, stirring, for 2 mins or until golden. Gradually add **200ml milk** and **200ml water**, stirring constantly to prevent lumps forming (see Kitchen 101). Bring to a simmer and cook, stirring, for 2-3 mins until thickened. Stir in the **parmesan**. Taste, then season with **salt and pepper**.







### 5. Bake lasagne and serve up

Spread **one-third of the beef mixture** over the base of a 1.5L (6 cup) baking dish. Top with a layer of lasagne sheets, trimming to fit if necessary, then spread with **one-third of the bechamel sauce**. Repeat layering twice more. Bake the lasagne for 30-35 mins until golden and cooked through. Remove from the oven and stand for 5 mins. Divide the **lasagne** among plates and enjoy!



### 6. Kitchen 101

The trick to silky smooth sauce is to add the milk and water gradually while stirring continuously. Add a little liquid, stir until smooth, then add a little more until fully combined.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     **#dinnerly**

 **Packed in Australia  
from at least 65%  
Australian ingredients**