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Lasagna Baked Penne

with Kale and Mozzarella

Everyone loves a gooey baked lasagna – but it can be a pain to layer. This baked pasta has all the flavors of Italian lasagna, but requires zero assembly! Adding kale to the pasta sauce is a great way to sneak extra leafy greens into your diet.

 Prep: 30 min

 level 1

 nut free



Ground Beef



Penne



Onion



Garlic



Kale



Dried Oregano



Panko



Mozzarella




Chili Flakes



Diced Tomatoes

Ingredients

Ground Beef		1 pkg
Penne	1)	1 pkg
Onion, Chopped		1 pkg
Garlic		4 cloves
Kale, Chopped		1 pkg
Dried Oregano		1 pkg
Panko	1)	1 pkg
Shredded Mozzarella	3)	1 pkg
Chili Flakes 		1 pkg
Diced Tomatoes		1 can
Olive Oil*		4 tsp

4 People

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Large Pot, Strainer,
Large Pan, Large Bowl,
9x13-inch Baking Dish

Nutrition per person Calories: 717 cal | Fat: 34 g | Sat. Fat: 9 g | Protein: 41 g | Carbs: 64 g | Sugar: 16 g | Sodium: 491 mg | Fiber: 7 g

Ruler
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1



1 Prep the ingredients: Preheat the oven to 400°F. Remove the **ground beef** from the refrigerator. **Wash and dry all produce.** Bring a large pot of water with a large pinch of salt to a boil. Mince or grate the **garlic**.

3



2 Cook the pasta: Add the **penne** to the boiling water and cook until tender, 9 to 11 min. Drain, then transfer to a large bowl.

3 Brown the meat: Meanwhile, heat a large pan over medium heat. Add a drizzle of **oil**, then **onion**. Cook, stirring occasionally, until onion is soft, 4 to 5 min. Add the **beef, garlic, oregano**, and a pinch of **chili flakes** (if using). Cook, breaking up the meat into pieces, until browned and no pink remains.

4



4 Assemble the lasagna: Add **beef mixture, tomatoes, kale**, and half the **mozzarella** to the penne. Stir to combine. Season with salt and pepper.

5



5 Cook the lasagna: Transfer penne mixture to a lightly oiled 9x13-inch baking dish. Sprinkle with the **panko** and remaining **mozzarella**. Bake in the centre of oven until cheese melts and mixture is browned and bubbly, 12 to 15 min. Enjoy!