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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.

30 min

level 1

nut free



Ground Beef



Penne



Onion



Garlic



Kale



Oregano



Panko



Mozzarella




Chili Flakes



Diced Tomatoes

Ingredients

	2 People	4 People
Ground Beef	8 oz	16 oz
Penne 1)	6 oz	12 oz
Onion	1	2
Garlic	2 cloves	4 cloves
Kale	4 oz	8 oz
Oregano	1 t	2 t
Panko 1) 2)	¼ c	½ c
Shredded Mozzarella 3)	1 c	2 c
Chili Flakes 	1 t	1 t
Diced Tomatoes	1 box	2 boxes
Olive Oil*	2 t	4 t

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Milk

Tools

Large Pot, Strainer, Large Pan, Large Bowl, Baking Dish

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 868 cal | Fat: 28 g | Sat. Fat: 12 g | Protein: 54 g | Carbs: 99 g | Sugar: 15 g | Sodium: 884 mg | Fiber: 9 g

Make sure to wash and dry produce before prepping or cooking!

1



1 Prep the ingredients: Preheat the oven to 400 degrees. Bring a large pot of water with a large pinch of **salt** to a boil. Remove the **ground beef** from the refrigerator and bring to room temperature. Halve, peel, and finely chop the **onion**. Mince or grate the **garlic**. Remove and discard the **kale ribs** and **stems**, then roughly chop the **leaves**.

3



2 Cook the penne: Add the **penne** to the boiling water and cook for 9-11 minutes, until al dente. Drain.

3 Brown the meat: Meanwhile, heat a drizzle of **oil** in a large pan over medium heat. Add the **chopped onion** to the pan and cook, tossing for 4-5 minutes, until softened. Add the **beef, garlic, oregano**, and as much **chili flakes** as you like to the pan. Cook, breaking up the meat into pieces, until browned. Season with **salt** and **pepper**.

4



4 Assemble the lasagna: In a large bowl, toss together the drained **penne, beef mixture, tomatoes, kale**, and half the **mozzarella**. Season with **salt** and **pepper**.

5



5 Cook the lasagna: Transfer to a lightly oiled baking dish (ours is 9"x13") and sprinkle with the **panko** and remaining **mozzarella**. Place in the oven for 12-15 minutes, or until browned and bubbling. Enjoy!