



Indian Lentil & Veggie Curry Pie

with Potato Mash & Mustard Seed Topping

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Leek



Carrot



Lentils



Garlic Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Vegetable Stock Powder



Coconut Milk



Baby Spinach Leaves



Brown Mustard Seeds



Diced Chicken

Prep in: 25-35 mins
Ready in: 40-50 mins



Plant Based*
**Custom Recipe is not Plant Based or Calorie Smart*
Eat Me Early^
^Custom Recipe only



Calorie Smart*



We've got the best of both worlds on a plate, served piping hot with a mashed potato topping to complete the dish. That's right, it's a curry in a pie, packed with lentils, leek and warming flavours. Why choose one when you can have both.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Milk, Plant-Based Butter, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
leek	1	2
carrot	1	2
lentils	1 tin	2 tins
plant-based milk*	2 tbs	¼ cup
plant-based butter*	20g	40g
garlic paste	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
water*	2 tbs	¼ cup
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
brown mustard seeds	1 medium sachet	1 large sachet
diced chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2333kJ (558Cal)	353kJ (84Cal)
Protein (g)	19.2g	2.9g
Fat, total (g)	31g	4.7g
- saturated (g)	20.9g	3.2g
Carbohydrate (g)	76g	11.5g
- sugars (g)	26.4g	4g
Sodium (mg)	1648mg	250mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2990kJ (715Cal)	369kJ (88Cal)
Protein (g)	52.7g	6.5g
Fat, total (g)	33.4g	4.1g
- saturated (g)	21.7g	2.7g
Carbohydrate (g)	76g	9.4g
- sugars (g)	26.4g	3.3g
Sodium (mg)	1709mg	211mg

The quantities provided above are averages only.

Allergens

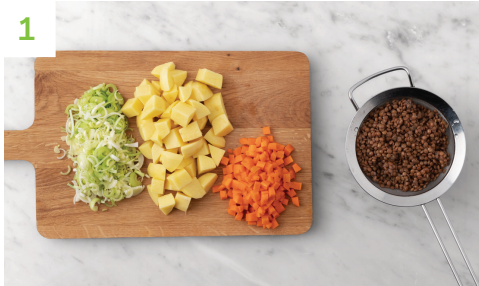
Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW33



Get prepped

- Bring a medium saucepan of salted water to the boil.
- Peel **potato**, then cut into large chunks. Thinly slice **leek**. Finely chop **carrot**. Drain and rinse **lentils**.



Make the potato mash

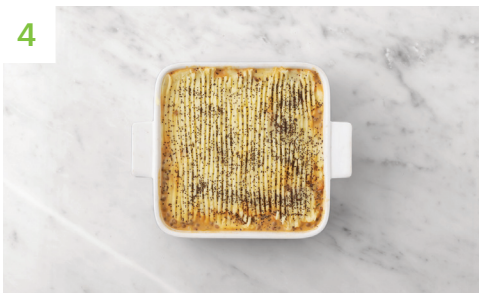
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain and return **potato** to the saucepan.
- Add **plant-based milk** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**, then mash until smooth. Cover to keep warm.



Cook the lentil filling

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **leek** and **carrot** until softened, **4-5 minutes**.
- Add **plant-based butter**, **garlic paste**, **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste** and cook until fragrant, **2 minutes**.
- Add **lentils**, **vegetable stock powder**, **coconut milk**, the **water** and **brown sugar**. Stir and simmer until thickened, **2-3 minutes**. Season with **pepper** to taste.
- Stir through **baby spinach leaves** until wilted, **1-2 minutes**.

Custom Recipe: If you've added diced chicken, to your meal, before cooking the leek and carrot, heat the frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step. Stir through the chicken along with the baby spinach leaves.



Assemble the pie

- Preheat grill to high. Transfer **lentil filling** to a baking dish, then top with **potato mash**.
- Run a fork over mash to create an uneven surface. Sprinkle with **brown mustard seeds** and drizzle with **olive oil**.



Grill the pie

- Grill **pie** until lightly browned, **10-15 minutes**.



Serve up

- Divide Indian lentil and veggie curry pie with mustard seed mash topping between plates. Enjoy!

Rate your recipe

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