



# Caribbean Lentil & Veggie Pie

with Coconut Mash Topping

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Leek



Garlic



Carrot



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Vegetable Stock Powder



Coconut Milk



Baby Spinach Leaves



Coriander



Beef Mince

Prep in: 30-40 mins  
Ready in: 45-55 mins

And now for something completely different, meet our game-changing plant-based pie! A coconutty, Caribbean-spiced lentil filling meets a golden potato topping for a dish that's equally wholesome and delish.

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

### Pantry items

Olive Oil, Butter, Milk



## 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 or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
leek	1	2
garlic	2 cloves	4 cloves
carrot	1	2
lentils	1 tin	2 tins
<b>butter*</b> (for the mash)	40g	80g
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b> (for the sauce)	20g	40g
mild Caribbean jerk seasoning	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
baby spinach leaves	1 medium bag	1 large bag
coriander	1 bag	1 bag
beef mince**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3049kJ (729Cal)	409kJ (98Cal)
Protein (g)	22.3g	3g
Fat, total (g)	46.7g	6.3g
- saturated (g)	31.9g	4.3g
Carbohydrate (g)	79.2g	10.6g
- sugars (g)	23.9g	3.2g
Sodium (mg)	1775mg	238mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3743kJ (895Cal)	504kJ (120Cal)
Protein (g)	43.2g	5.9g
Fat, total (g)	64.1g	8.3g
- saturated (g)	39.6g	5.1g
Carbohydrate (g)	60.2g	8.5g
- sugars (g)	23.8g	3.1g
Sodium (mg)	1647mg	220mg

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://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



## Get prepped

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

**Custom Recipe:** If you've added beef mince to your meal, only use half the lentils.



## 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.



## 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 to the saucepan.
- Add **butter (for the mash)**, the **milk** and a generous pinch of **salt**, then mash until smooth. Cover to keep warm.



## Grill the pie

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



## Cook the lentils

- 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 **butter (for the sauce)**, **garlic**, **mild Caribbean jerk seasoning** and **tomato paste** and cook until fragrant, **2 minutes**.
- Add **lentils**, **vegetable stock powder** and **coconut milk** and simmer until thickened, **2-3 minutes**. Season with **pepper**.
- Stir through **baby spinach leaves** until wilted, **1-2 minutes**.

**Custom Recipe:** Cook beef mince with leek and carrot, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.



## Serve up

- Divide Caribbean lentil and veggie pie with coconut mash topping between plates.
- Tear over **coriander** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)