



# Indian-Style Lentil & Veggie Curry Pie

with Mustard Seed Potato Mash Topping

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Leek



Carrot



Red Lentils



Garlic Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Vegetable Stock Powder



Coconut Milk



Baby Leaves



Brown Mustard Seeds



Chicken Breast

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



Plant Based<sup>A</sup>  
<sup>A</sup>Custom Recipe is not Plant Based

Eat Me Early\*  
<sup>\*</sup>Custom Recipe only

We've got the best of both worlds on a plate, served piping hot with a potato mash 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 or large baking dish

## Ingredients

|                               | 2 People        | 4 People                              |
|-------------------------------|-----------------|---------------------------------------|
| olive oil*                    | refer to method | refer to method                       |
| potato                        | 2               | 4                                     |
| leek                          | 1               | 2                                     |
| carrot                        | 1               | 2                                     |
| red lentils                   | 1 packet        | 2 packets                             |
| plant-based milk*             | 2 tbs           | ¼ cup                                 |
| plant-based butter*           | 20g             | 40g                                   |
| garlic paste                  | 1 medium packet | 1 large packet                        |
| Mumbai spice blend            | 1 medium sachet | 2 medium 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 leaves                   | 1 medium packet | 1 large packet                        |
| brown mustard seeds           | 1 medium sachet | 1 large sachet                        |
| chicken breast**              | 1 medium packet | 2 medium packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2827kJ (676Cal) | 475kJ (114Cal) |
| Protein (g)      | 27.5g           | 4.6g           |
| Fat, total (g)   | 32.9g           | 5.5g           |
| - saturated (g)  | 21.6g           | 3.6g           |
| Carbohydrate (g) | 94g             | 15.8g          |
| - sugars (g)     | 34.7g           | 5.8g           |
| Sodium (mg)      | 1482mg          | 249mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3523kJ (842Cal) | 466kJ (111Cal) |
| Protein (g)      | 62.6g           | 8.3g           |
| Fat, total (g)   | 35.8g           | 4.7g           |
| - saturated (g)  | 22.5g           | 3g             |
| Carbohydrate (g) | 94.9g           | 12.6g          |
| - sugars (g)     | 34.8g           | 4.6g           |
| Sodium (mg)      | 1603mg          | 212mg          |

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

2024 | CW15



## 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**.
- Rinse **red lentils**.

**Custom Recipe:** If you've added chicken breast, cut into 2cm chunks.



## 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**. 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 leaves** until wilted, **1-2 minutes**.

**Custom Recipe:** Before cooking leek and carrot, heat pan over high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl, and continue as above. Return cooked chicken to pan with baby 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-style lentil and veggie curry pie with mustard seed potato mash topping between bowls. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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