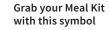
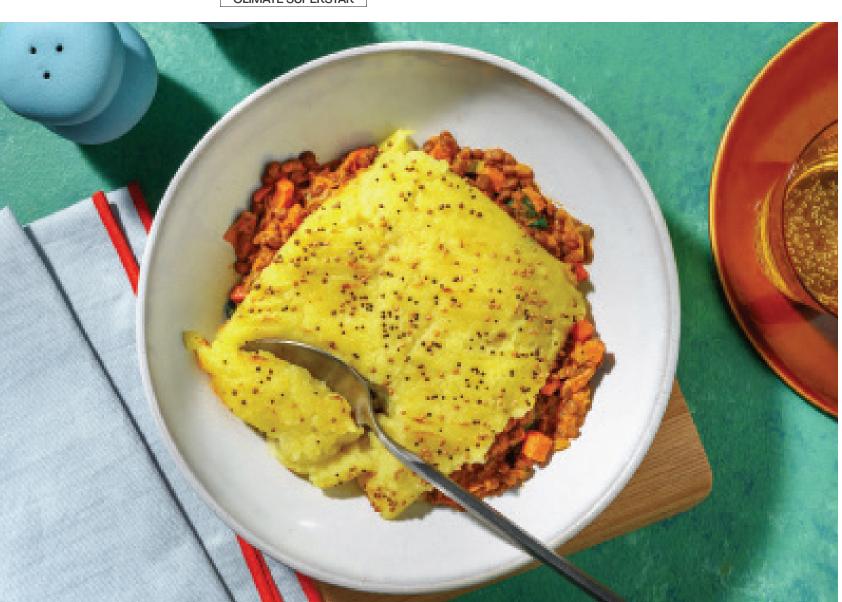


Indian-Style Lentil & Veggie Curry Pie with Mustard Seed Potato Mash Topping

CLIMATE SUPERSTAR















Carrot



Red Lentils



Garlic Paste



Mumbai Spice

Blend



Indian Spice Blend



Tomato Paste



Vegetable Stock Powder



Coconut Milk



Baby Leaves



Brown Mustard Seeds



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



Plant Based^ ^Custom Recipe is not Plant Based

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?

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

ingi ediento				
	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	1/4 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	1/4 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 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 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
- 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

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