

Caribbean Lentil & Veggie Pie

with Potato Mash Topping

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Potato



Leek



Garlic



Carrot



Red Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Vegetable Stock Powder



Coconut Milk



Baby Leaves



Coriander



Beef Mince



Pork Mince

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

 Plant Based

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.

Pantry items

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
garlic	2 cloves	4 cloves
carrot	1	2
red lentils	1 packet	2 packets
plant-based butter* (for the mash)	40g	80g
plant-based milk*	2 tbs	¼ cup
plant-based butter* (for the sauce)	20g	40g
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
baby leaves	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3042kJ (727Cal)	407kJ (97Cal)
Protein (g)	22.4g	3g
Fat, total (g)	46.9g	6.3g
- saturated (g)	32.1g	4.3g
Carbohydrate (g)	79.6g	10.6g
- sugars (g)	29g	3.9g
Sodium (mg)	1776mg	238mg
Dietary Fibre (g)	17.6g	2.4g

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

2024 | CW29



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 **carrot**.
- Rinse **red 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 the **plant-based butter (for the mash)**, **plant-based 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 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 (for the sauce)**, **garlic**, **mild Caribbean jerk seasoning** and **tomato paste** and cook until fragrant, **2 minutes**.
- Add **red lentils**, the **water**, **vegetable stock powder** and **coconut milk**, stirring to combine.
- Bring to a simmer, then cover with a lid (or foil) and cook, stirring occasionally, until **lentils** are soft, **20-22 minutes**. Season with **pepper**.
- Stir through **baby leaves** until wilted, **1-2 minutes**.



Serve up

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

CUSTOM OPTIONS



ADD BEEF MINCE

Before cooking filling, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD PORK MINCE

Before cooking filling, cook pork mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

