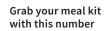


# Caribbean Lentil & Veggie Pie

with Potato Mash Topping

WINTER WARMERS

CLIMATE SUPERSTAR













Potato



Carrot





**Red Lentils** 





Tomato Paste





Coconut Milk



**Baby Leaves** 



Coriander





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.

#### **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

 $\label{eq:medium} \operatorname{Medium} \operatorname{saucepan} \cdot \operatorname{Large} \operatorname{frying} \operatorname{pan} \cdot \operatorname{Medium} \operatorname{or} \operatorname{large} \\ \operatorname{baking} \operatorname{dish}$ 

# Ingredients

ingi edients			
	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	1/4 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	

<sup>\*</sup>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.



# Get prepped

- Bring a medium saucepan of salted water to the hoil
- Peel potato, then cut into large chunks. Thinly slice leek. Finely chop garlic.
- Grate carrot.
- Rinse red 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 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.



# 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.



#### 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.



#### Grill the pie

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



#### Serve up

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





**OPTIONS** 

#### ADD BEEF MINCE

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



Before cooking fillling, 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.

