



Hearty Lentil & Cauliflower Pie

with Cheesy Mash Top

WINTER WARMERS

Grab your meal kit with this number

8



Cauliflower



Onion



Potato



Garlic



Button Mushrooms



Carrot



Lentils



Chermoula Spice Blend



Tomato Paste



Vegetable Stock Powder



Baby Leaves



Shredded Cheddar Cheese



Chicken Breast



Beef Mince

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



Protein Rich



Calorie Smart

There's been lentils in a soup, lentils in a bowl, even lentils with rice and it's all been so nice. Why not try lentils in a pie (that one rhymed too)! Season them in those aromatic chermoula flavours and stir through a tomato sauce with roasted veggies. Add a Cheddar mash topping to create the perfect pie for tonight's dinner.

Pantry items

Olive Oil, Milk, Butter, Brown Sugar

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 · Medium baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
onion	½	1
potato	2	4
milk*	2 tbs	¼ cup
butter* (for the mash)	10g	20g
garlic	2 cloves	4 cloves
button mushrooms	1 medium packet	1 large packet
carrot	1	2
lentils	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	1 cup	2 cups
baby leaves	1 medium packet	2 medium packets
butter* (for the filling)	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2597kJ (621Cal)	278kJ (66Cal)
Protein (g)	36.3g	3.9g
Fat, total (g)	14.7g	1.6g
- saturated (g)	5.5g	0.6g
Carbohydrate (g)	79.4g	8.5g
- sugars (g)	32.8g	3.5g
Sodium (mg)	1399mg	150mg
Dietary Fibre (g)	24.7g	2.6g

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 | CW32



Roast the cauliflower

- Preheat oven to **220°C/200°C fan-forced**.
- Bring a medium saucepan of lightly salted water to the boil.
- Cut **cauliflower** into small florets.
- Cut **onion (see ingredients)** into wedges.
- Place **cauliflower** and **onion** in a baking dish. Drizzle generously with **olive oil** and toss to coat. Roast until tender, **20-25 minutes**.



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** until browned and softened, **4-6 minutes**. Add **carrot** and cook, until softened, **5-6 minutes**.
- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Add **chermoula spice blend**, **garlic**, **lentils** and **tomato paste** and cook until fragrant, **1 minute**.
- Add **vegetable stock powder**, the **brown sugar** and **water** and cook until slightly thickened, **2-3 minutes**.
- Add **baby leaves** and **butter (for the filling)** and gently stir through until leaves are just wilted.



Make the mash

- While the cauliflower is roasting, peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **milk** and **butter (for the mash)** to the **potato** and season generously. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Bake the pie

- Transfer **lentil filling** to the baking dish with the **cauliflower** and **onion**, and stir to combine. Top with **potato mash** and spread evenly.
- Sprinkle over **shredded Cheddar cheese**.
- Bake pie until lightly golden, **8-10 minutes**.



Get prepped

- Meanwhile, finely chop **garlic**.
- Thinly slice **button mushrooms**.
- Grate **carrot**.
- Drain and rinse **lentils**.



Serve up

- Divide lentil and cauliflower pie with cheesy mash top between bowls to serve. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD BEEF MINCE
Before cooking filling, cook beef 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.

