



Caribbean Lentil & Veggie Pie

with Potato Mash Topping

Grab your meal kit with this number

40



Potato



Leek



Garlic



Carrot



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
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
vegetable stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
baby leaves	1 medium packet	2 medium packets
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3044kJ (727Cal)	410kJ (97Cal)
Protein (g)	27.2g	3.7g
Fat, total (g)	47g	6.3g
- saturated (g)	31.9g	4.3g
Carbohydrate (g)	73.6g	9.9g
- sugars (g)	30.1g	4.1g
Sodium (mg)	1614mg	217mg
Dietary Fibre (g)	19.4g	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 | CW40



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**. Drain and rinse **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**, stirring 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 **lentils**, **vegetable stock powder** and **coconut milk** and simmer until thickened, **2-3 minutes**. Season with **pepper**.
- Stir through **baby leaves** until wilted, **1-2 minutes**.



Serve up

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

CUSTOM OPTIONS



ADD BEEF MINCE

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



ADD PORK MINCE

Before cooking sauce, 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.

