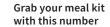


Caribbean Lentil & Veggie Pie

with Potato Mash Topping













Potato





Carrot



Lentils









Vegetable Stock

Powder

Tomato Paste



Coconut Milk



Baby Leaves



Coriander



Beef 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

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

Ingredients

| ingi ediente | | | |
|---|-----------------|------------------|--|
| | 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 | 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 | |
| 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.



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. Drain and rinse 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, 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.



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



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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.

