



Mushroom & Lentil Shepherd's Pie

with Mash Topping & Garlicky Greens

CLIMATE SUPERSTAR

Grab your meal kit with this number

40



Potato



Onion



Celery



Garlic



Button Mushrooms



Thyme



Grated Parmesan Cheese



Tomato Paste



Garlic & Herb Seasoning



Vegetable Stock Powder



Red Lentils



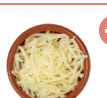
Mushroom Powder



Baby Broccoli



Beef Mince



Shredded Cheddar Cheese

Prep in: 40-50 mins
Ready in: 55-65 mins

Homey, comforting classics like this shepherd's pie nourish us from the inside out. We're combining the soft textures of mushrooms with a hearty lentil filling, covered in a cheesy mash to create the most heartwarming meal for tonight's dinner.

Pantry items

Olive Oil, Milk, Butter

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
onion	½	1
celery	1 stalk	2 stalks
garlic	3 cloves	6 cloves
button mushrooms	1 medium packet	2 medium packets
thyme	½ large packet	1 large packet
salt*	¼ tsp	½ tsp
milk*	2 tbs	4 tbs
grated Parmesan cheese	1 medium packet	1 large packet
butter*	50g	100g
tomato paste	1 packet	2 packets
garlic & herb seasoning	½ medium sachet	1 medium sachet
vegetable stock powder	1 medium sachet	1 large sachet
red lentils	1 packet	2 packets
mushroom powder	1 sachet	2 sachets
boiling water*	1½ cups	3 cups
baby broccoli	1 medium bunch	2 medium bunches

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3297kJ (788Cal)	510kJ (121Cal)
Protein (g)	34.1g	5.3g
Fat, total (g)	32.9g	5.1g
- saturated (g)	17.4g	2.7g
Carbohydrate (g)	77.6g	12g
- sugars (g)	11.5g	1.8g
Sodium (mg)	1375mg	213mg
Dietary Fibre (g)	20g	3.1g

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

2025 | CW03



Get prepped

- Boil the kettle. Set aside.
- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks.
- Finely chop **onion** (see ingredients), **celery** and **garlic**. Slice **button mushrooms**.
- Pick **thyme** leaves (see ingredients).



Bake the pie filling

- Add the **boiling water** (1½ cups for 2 people / 3 cups for 4 people).
- Transfer the **lentil mixture** to a baking dish. Cover tightly with foil and bake until liquid is absorbed and lentils have softened, **20-25 minutes**.



Make the mash

- Cook **potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return to the saucepan.
- Add the **salt, milk, grated Parmesan cheese** and half the **butter**, then mash until smooth.



Grill the pie

- Preheat the grill to medium-high.
- When the lentil mixture is done, remove from oven and top with **potato mash**. Run a fork over mash to create an uneven surface. Drizzle with **olive oil**. Grill **pie** until the top has browned slightly, **5-10 minutes**.
- Meanwhile, trim and halve **baby broccoli**. Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and remaining **garlic** with a splash of **water**, tossing, until tender, **5-6 minutes**.



Start the pie

- While the potato is cooking, heat a large frying pan over medium-high heat with the remaining **butter** and a generous drizzle of **olive oil**. Cook **onion, mushrooms** and **celery**, stirring, until softened, **6-7 minutes**.
- Add **thyme, tomato paste, garlic & herb seasoning** (see ingredients) and half the **garlic** and cook until fragrant, **1 minute**.
- Add **vegetable stock powder, red lentils, mushroom powder** and a splash of **water**. Simmer until thickened, **2-3 minutes**. Season with **salt** and **pepper**.



Finish & serve

- Divide mushroom and lentil shepherd's pie between plates.
- Serve with garlicky greens. Enjoy!

CUSTOM OPTIONS

+ ADD BEEF MINCE

Cook with onions and mushrooms, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

+ ADD SHREDDED CHEDDAR CHEESE

Sprinkle over before serving.

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

