HELLO FRESH

Caribbean Lentil & Veggie Pie
with Coconut Kumara Mash Topping

Kumara

Capsicum

Garlic

Carrot

Lentils

Coconut Cream

Mild Caribbean Jerk Seasoning

Tomato Paste

Vegetable Stock Powder

Baby Spinach Leaves

Coriander

Hands-on: 30-40 mins
Ready in: 45-55 mins

Plant Based

And now for something completely different, meet our game-changing veggie pie. With lentils cooked in a creamy coconut Caribbean-spiced sauce, plus a kumara mash topping, it ticks all the boxes while being nourishing and delicious.

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk

Y

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
capsicum	1	2
garlic	2 cloves	4 cloves
carrot	1	2
lentils	1 tin	2 tins
plant-based butter* (for the mash)	40g	80g
plant-based milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
coconut cream	1 tin (200ml)	1 tin (400ml)
plant-based butter* (for the sauce)	20g	40g
mild Caribbean jerk seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	⅓ cup	⅔ cup
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
coriander	1 bag	1 bag

***Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3773kJ (902Cal)	495kJ (118Cal)
Protein (g)	19g	2.5g
Fat, total (g)	56.6g	7.4g
- saturated (g)	40.8g	5.4g
Carbohydrate (g)	72.7g	9.5g
- sugars (g)	37.5g	4.9g
Sodium (mg)	2088mg	274mg

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.

If you have any questions or concerns, please visit
hellofresh.co.nz/contact
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1

Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **kumara** and cut into bite-sized chunks. Cut the **capsicum** into small chunks. Finely chop the **garlic**. Grate the **carrot**. Drain and rinse the **lentils**.

TIP: *Get more fibre and texture by leaving the kumara unpeeled if you prefer.*

2

Make the kumara mash

Cook the **kumara** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **plant-based butter (for the mash)**, **plant-based milk** and the **salt**, then mash until smooth. Stir through 1/2 the **coconut cream**. Cover to keep warm.

3

Cook the lentil filling

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **capsicum** and **carrot** until softened, **4-5 minutes**. Add the **plant-based butter (for the sauce)**, **garlic**, **mild Caribbean jerk seasoning** and **tomato paste** and cook until fragrant, **2 minutes**. Add the **lentils**, the **water**, **vegetable stock powder** and remaining **coconut cream**. Simmer until thickened, **2-3 minutes**. Season to taste. Stir through the **baby spinach leaves** until wilted, **1-2 minutes**.

4

Assemble the pie

Preheat the grill to high. Transfer the **lentil filling** to a baking dish, then top with the **kumara mash**. Run a fork over the mash to spread evenly over the filling and create an uneven surface.

5

Grill the pie

Grill the **pie** until lightly browned, **10-15 minutes**.

6

Serve up

Roughly chop the **coriander**. Divide the Caribbean lentil and veggie pie between plates. Garnish with the coriander to serve.

Enjoy!