



Caribbean Lentil & Veggie Pie

with Creamy Coconut Potato Mash Topping

Grab your Meal Kit with this symbol



Potato



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 creamy mash topping, it ticks all the boxes while being nourishing and delicious.

Pantry items

Olive Oil, Plant-Based Butter

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 · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
capsicum	1	2
garlic	2 cloves	4 cloves
carrot	1	2
lentils	1 tin	2 tins
plant-based butter* (for the mash)	40g	80g
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*	½ cup	¾ 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)	3709kJ (886Cal)	497kJ (119Cal)
Protein (g)	20.4g	2.7g
Fat, total (g)	56.3g	7.5g
- saturated (g)	40.7g	5.5g
Carbohydrate (g)	70.1g	9.4g
- sugars (g)	27.5g	3.7g
Sodium (mg)	2055mg	275mg

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 boil. Peel the **potato**, then cut into large chunks. Cut the **capsicum** into small chunks. Finely chop the **garlic**. Grate the **carrot**. Drain and rinse the **lentils**.



Assemble the pie

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



Make the potato mash

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



Grill the pie

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



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** and simmer until thickened, **2-3 minutes**. Season to taste. Stir through the **baby spinach leaves** until wilted, **1-2 minutes**.



Serve up

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

Enjoy!