



Caribbean Lentil & Veggie Pie

with Creamy Coconut Mash Topping

Grab your Meal Kit with this symbol



Potato



Capsicum



Garlic



Carrot



Lentils



Coconut Cream



Mild Caribbean Jerk Seasoning



Tomato Paste



Vegetable Stock Pot



Salad Leaves



Herbs

Recipe Update
The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 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

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 box (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 pot	1 medium packet	1 large packet
salad leaves	1 medium bag	1 large bag
herbs	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 **potato**, then cut into large chunks. Cut **capsicum** into small chunks. Finely chop **garlic**. Grate the **carrot**. Drain and rinse **lentils**.



Make the potato mash

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



Cook the lentils

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **capsicum** and **carrot** 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**, the **water**, **vegetable stock pot** and remaining **coconut cream** and simmer until thickened, **2-3 minutes**. Season to with **pepper** to taste. Stir through **salad 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

Roughly chop **herbs**. Divide Caribbean lentil pie with creamy coconut mash topping between plates. Garnish with herbs to serve.

Enjoy!