



Caribbean Lentil & Veggie Pie

with Creamy Coconut Mash Topping

Grab your Meal Kit with this symbol



Potato



Leek



Garlic



Carrot



Lentils



Coconut Cream



Mild Caribbean Jerk Seasoning



Tomato Paste



Vegetable Stock Powder



Baby Spinach Leaves



Herbs

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

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
leek	1	2
garlic	2 cloves	4 cloves
carrot	1	2
lentils	1 tin	2 tins
plant-based butter* (for the mash)	40g	80g
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 powder	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3636kJ (869Cal)	535kJ (128Cal)
Protein (g)	18.4g	2.7g
Fat, total (g)	55.9g	8.2g
- saturated (g)	40.9g	6g
Carbohydrate (g)	69.5g	10.2g
- sugars (g)	24.8g	3.6g
Sodium (mg)	1682mg	247mg

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. Thinly slice **leek**. Finely chop **garlic**. Grate the **carrot**. Drain and rinse **lentils**.



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.



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 a generous pinch of **salt**, then mash until smooth.
- Stir through 1/2 the **coconut cream**. Cover to keep warm.



Grill the pie

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



Cook the lentils

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **leek** 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 powder** and remaining **coconut cream** and simmer until thickened, **2-3 minutes**. Season with **pepper** to taste.
- Stir through **baby spinach leaves** until wilted, **1-2 minutes**.



Serve up

- Roughly chop **herbs**.
- Divide Caribbean lentil and veggie pie with creamy coconut mash topping between plates.
- Garnish with herbs to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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