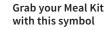
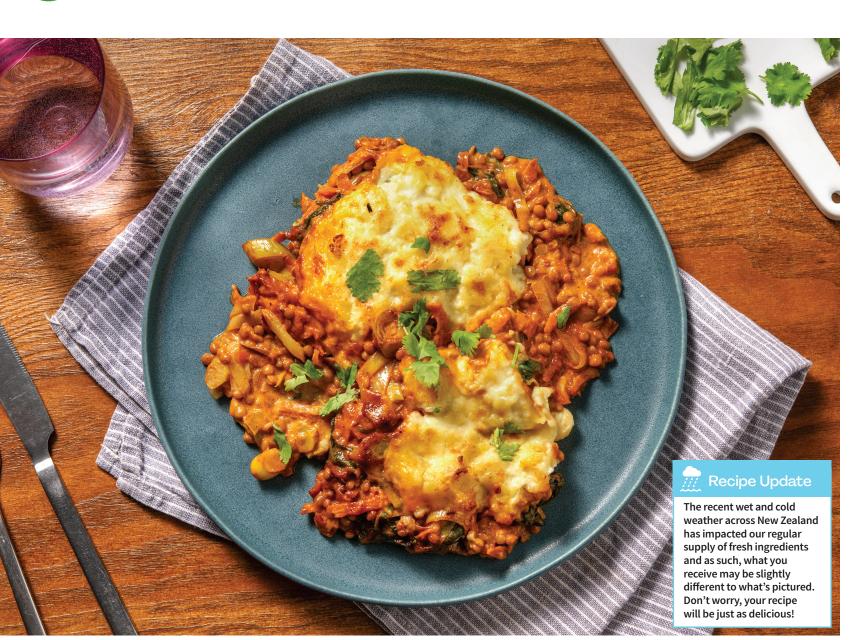
# Caribbean Lentil & Veggie Pie

with Creamy Coconut Mash Topping











Potato



Garlio





Lentils

Coconut Cream

ntils



Mild Caribbean Jerk Seasoning

Tomato Paste





Vegetable Stock Powder

Baby Spinach Leaves



Herbs

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

ingi edients			
	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*	⅓ cup	⅔ cup	
vegetable stock powder	1 medium sachet	1 large sachet	
baby spinach leaves	1 medium bag	1 large bag	
herbs	1 bag	1 bag	

<sup>\*</sup>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.



# 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.



## 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.



## 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 and veggie pie with creamy coconut mash topping between plates.
- Garnish with herbs to serve. Enjoy!

