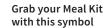


Caribbean Lentil & Veggie Pie

with Creamy Coconut Mash Topping

CLIMATE SUPERSTAR









Potato



3



Garlic

Carrot



Lentils

Coconut Cream





Mild Caribbean Jerk Seasoning

Tomato Paste





Vegetable Stock Powder

Stock Baby Spinach ler Leaves



Coriander

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

You will need

 $\label{eq:medium} \operatorname{Medium} \operatorname{saucepan} \cdot \operatorname{Large} \operatorname{frying} \operatorname{pan} \cdot \operatorname{Medium} \operatorname{or} \operatorname{large} \\ \operatorname{baking} \operatorname{dish}$

Ingredients

ingredients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	3	6	
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	
coriander	1 bag	1 bag	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3624kJ (866Cal)	541kJ (129Cal)
Protein (g)	18.3g	2.7g
Fat, total (g)	55.9g	8.3g
- saturated (g)	40.9g	6.1g
Carbohydrate (g)	68.8g	10.3g
- sugars (g)	24.4g	3.6g
Sodium (mg)	1677mg	250mg

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

- Meanwhile, 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

- Divide Caribbean lentil pie with creamy coconut mash topping between plates.
- Tear over **coriander** to serve. Enjoy!

