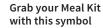


Caribbean Lentil & Veggie Pie

with Creamy Coconut Mash Topping

CLIMATE SUPERSTAR



















Coconut Milk

Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Vegetable Stock



Powder



Coriander



Baby Spinach

Prep in: 30-40 mins Ready in: 45-55 mins

Plant Based* *Custom Recipe is not 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

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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

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	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 milk	1 medium packet	2 medium packets
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	¾ cup
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
coriander	1 bag	1 bag
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2746kJ (656Cal)	416kJ (99Cal)
Protein (g)	17.5g	2.7g
Fat, total (g)	46.5g	7g
- saturated (g)	31.8g	4.8g
Carbohydrate (g)	67.8g	10.3g
- sugars (g)	22.9g	3.5g
Sodium (mg)	1676mg	254mg
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Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3942kJ (942Cal)	502kJ (120Cal)
Protein (g)	46g	5.9g
Fat, total (g)	64.2g	8.2g
- saturated (g)	39.6g	5g
Carbohydrate (g)	67.8g	8.6g
- sugars (g)	22.9g	2.9g
Sodium (mg)	1713mg	218mg

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.

We're here to help!

Scan here if you have any questions or concerns

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

Custom Recipe: If you've added beef mince to your meal, cook beef with leek and carrot, breaking up with a spoon, until browned, 4-5 minutes. Continue with step as above.



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!

Rate your recipe

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