



Caribbean Lentil & Veggie Pie

with Creamy Coconut Mash Topping

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Potato



Leek



Garlic



Carrot



Lentils



Coconut Milk



Mild Caribbean Jerk Seasoning



Tomato Paste



Vegetable Stock Powder



Baby Spinach Leaves



Coriander



Beef Mince

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter

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

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 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*	½ 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

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



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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