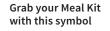


Caribbean Lentil & Veggie Pie

with Potato Topping & Coriander

WINTER WARMERS

CLIMATE SUPERSTAR













Carrot





Lentils



Mild Caribbean

Tomato Paste

Jerk Seasoning



Coconut Milk



Vegetable Stock Powder



Coriander



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



Custom recipe is not Calorie Calorie Smart Smart or 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.



Olive Oil, Plant-Based Butter, Plant-Based Milk

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

_		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
capsicum	1	2
carrot	1	2
garlic	2 cloves	4 cloves
kale	1 medium bag	1 large bag
lentils	1 packet	2 packets
plant-based butter*	20g	40g
plant-based milk*	2 tbs	¼ cup
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
water*	⅓ cup	⅔ cup
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	½ medium sachet	1 medium sachet
coriander	1 bag	1 bag
beef mince**	1 small packet	2 small packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2498kJ (597Cal)	364kJ (86Cal)
Protein (g)	28.1g	3.6g
Fat, total (g)	28.4g	3.6g
- saturated (g)	17g	2.2g
Carbohydrate (g)	65.2g	8.3g
- sugars (g)	21.7g	2.8g
Sodium (mg)	1304mg	166mg
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Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3670kJ (877Cal)	402kJ (96Cal)
Protein (g)	55.6g	6.1g
Fat, total (g)	41.2g	4.5g
- saturated (g)	22.6g	2.5g
Carbohydrate (g)	65.2g	7.1g
- sugars (g)	21.7g	2.4g
Sodium (mg)	1379mg	151mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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 hoil
- Peel **potato** and cut into large chunks.
- · Cut capsicum into bite-sized chunks.
- Grate carrot.
- Finely chop garlic.
- Tear **kale** leaves from stems, then roughly chop leaves. Discard stems.
- · Drain and rinse lentils.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Make the mash

- Cook potato in the boiling water until easily pierced with a fork, 12-15 minutes.
- Drain **potato**, then return to pan.
- Add the plant-based butter and the plant-based milk. Season generously with salt. Mash until smooth.



Cook the lentil mixture

- While potato is cooking, heat a drizzle of olive oil in a large frying pan over medium-high heat.
- Cook capsicum and carrot, stirring, until softened, 4-5 minutes.
- Add garlic, mild Caribbean jerk seasoning and tomato paste. Cook until fragrant, 2 minutes.
- Stir in drained lentils, kale, the water, coconut milk and vegetable stock powder (see ingredients). Simmer until thickened,
 2-3 minutes. Season with salt and pepper, then remove from heat.

Custom Recipe: If you've added beef mince, cook beef mince with the veggies, breaking up with a spoon, until browned, 5-6 minutes. Continue with step as above. Drain oil from pan before adding the garlic for best results.



Assemble the pie

- · Preheat grill to high.
- Transfer lentil mixture to a baking dish.
- Top with the mash, running through it with a fork to create an uneven surface. Drizzle with olive oil.

TIP: The oil will help the top brown under the grill!



Grill the pie

• Grill pie, until lightly browned, 8-10 minutes.

TIP: Grills cook fast, so keep an eye on the pie!



Serve up

- · Roughly chop coriander.
- Divide Caribbean lentil and veggie pie between
 plates
- · Sprinkle over coriander to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate