



# Caribbean Lentil & Capsicum-Kale Pie

with Potato Topping & Coriander

Grab your Meal Kit with this symbol



Potato



Capsicum



Carrot



Garlic



Kale



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Coriander



Beef Mince

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



**Plant Based\***  
*\*Custom recipe is not Calorie Smart or Plant Based*



Calorie Smart

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, 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

Medium saucepan · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>plant-based butter*</b>	20g	40g
<b>plant-based milk*</b>	2 tbs	¼ cup
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
<b>water*</b>	½ cup	¾ cup
coconut milk	1 packet	2 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)	2725kJ (651Cal)	346kJ (83Cal)
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

### 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](https://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 boil.
- 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!



## 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!



## 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.



## Grill the pie

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

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



## 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**.
- Add 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, before cooking the carrot and capsicum, cook beef, breaking it up with a spoon, until just browned, 3-4 minutes. Drain oil from the pan. Cook veggies as above, but leave the beef in the pan.



## Serve up

- Roughly chop coriander.
- Divide Caribbean lentil and capsicum-kale pie between plates.
- Garnish with **coriander** to serve. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)