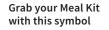


Moroccan Lentil Veggie Pie with Garlic Mash Topping & Flaked Almonds

CLIMATE SUPERSTAR















Zucchini

Green Beans





Lentils

Soffritto Mix







Tomato Paste

Chermoula Spice





Coconut Milk

Vegetable Stock Powder



Flaked Almonds



Prep in: 25-35 mins Ready in: 40-50 mins

This one is in a league of its own. We've taken your favourite parts of a stir-fry, switched out the meat for hearty lentils and whipped it all up just like a shepherd's pie. All that is left, is for you to try this tasty concoction!

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



Plant-Based

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

 $\label{eq:large-sauce-pan-Large-frying-pan-Medium} \text{ arge-baking dish}$ dish

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	3	6		
plant-based butter*	30g	60g		
garlic paste	1 packet	2 packets		
plant-based milk*	2 tbs	1/4 cup		
zucchini	1	2		
green beans	1 small bag	1 medium bag		
lentils	1 packet	2 packets		
soffritto mix	1 medium packet	1 large packet		
tomato paste	1 packet	1 packet		
chermoula spice blend	1 medium sachet	1 large sachet		
coconut milk	1 packet	2 packets		
water*	⅓ cup	½ cup		
vegetable stock powder	1 large sachet	2 large sachets		
brown sugar*	pinch	pinch		
flaked almonds	1 medium packet	1 large packet		
plant-based mince**	1 packet	2 packets		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3047kJ (728Cal)	337kJ (81Cal)
Protein (g)	32.3g	3.6g
Fat, total (g)	30.7g	3.4g
- saturated (g)	17.4g	1.9g
Carbohydrate (g)	72.8g	8.1g
- sugars (g)	20g	2.2g
Sodium (mg)	1734mg	192mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3900kJ (932Cal)	389kJ (93Cal)
Protein (g)	48.2g	4.8g
Fat, total (g)	42.9g	4.3g
- saturated (g)	20.3g	2g
Carbohydrate (g)	78.2g	7.8g
- sugars (g)	21.1g	2.1g
Sodium (mg)	2332mg	232mg

The quantities provided above are averages only.

Allergens

2023 | CW42

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





Make the garlic mash topping

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
 Peel potato and cut into large chunks.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork,
 12-15 minutes. Drain.
- Return saucepan to medium-high heat with the plant-based butter and a drizzle of olive oil.
 Cook garlic paste until fragrant, 1 minute.
- Remove from heat then return potato and add the plant-based milk. Season generously with salt. Mash until smooth. Cover to keep warm.

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



Get prepped

- While the potato is boiling, preheat grill to high.
- Slice **zucchini** into thin half-moons.
- Trim and roughly chop green beans.
- · Drain and rinse lentils.



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook zucchini, green beans and soffritto mix, stirring, until tender, 4-5 minutes.
- Reduce heat to medium then add tomato paste, chermoula spice blend and lentils. Cook until fragrant, 1-2 minutes.

Custom Recipe: If you've added plant-based mince, cook plant-based mince with zucchini, green beans and soffritto mix, breaking up with a spoon, until just browned, 4-5 minutes. Continue as above.



Finish the filling

 Add coconut milk, the water, vegetable stock powder and a pinch of the brown sugar to the pan. Simmer, stirring until slightly thickened,
 2-3 minutes. Season to taste.



Bake the pie

- Transfer filling to a baking dish and evenly spread garlic mashed potato over the top with a drizzle of olive oil.
- Grill until lightly golden, 8-10 minutes.

TIP: Drizzling with olive oil helps the topping to crisp and brown!



Serve up

- Divide Moroccan lentil veggie pie between plates.
- Top with **flaked almonds** to serve. Enjoy!

Rate your recipe

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