



Moroccan Lentil Veggie Pie

with Garlic Mash Topping & Flaked Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic Paste



Zucchini



Green Beans



Lentils



Soffritto Mix



Tomato Paste



Chermoula Spice Blend



Coconut Milk



Vegetable Stock Powder



Flaked Almonds



Plant-Based Mince

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

Plant-Based

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.

Pantry items

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

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

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

Ingredients

	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	¼ 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*	¼ 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

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



1 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.



4 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.



2 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**.



3 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.



5 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!



6 Serve up

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

Rate your recipe

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