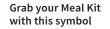
Moroccan Lentil Veggie Pie with Garlic Mash Topping & Flaked Almonds

MEAT-FREE MARVELS









Chopped Potato







Zucchini

Trimmed Green Beans

Soffritto Mix





Tomato Paste

Chermoula Spice



Coconut Milk



Vegetable Stock



Flaked Almonds





Celebrate World Vegetarian Day and balance out the richness with our Meat-Free Marvels. This one is in a league of its



Prep in: 15-25 mins

Ready in: 30-40 mins

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!

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 with a lid \cdot Large frying pan \cdot Medium or large baking dish

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
chopped potato	1 medium bag	1 large bag		
plant-based butter*	30g	60g		
plant-based milk*	2 tbs	1/4 cup		
zucchini	1	2		
lentils	1 packet	2 packets		
trimmed green beans	1 medium bag	1 large bag		
soffritto mix	1 medium bag	1 large bag		
tomato paste	1 medium packet	1 large 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		
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)	2908kJ (695Cal)	352kJ (84Cal)
Protein (g)	30.6g	3.7g
Fat, total (g)	30g	3.6g
- saturated (g)	17.4g	2.1g
Carbohydrate (g)	67.4g	8.2g
- sugars (g)	16.4g	2g
Sodium (mg)	1668mg	202mg
Out to the Design		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3854kJ (921Cal)	405kJ (97Cal)
Protein (g)	58.2g	6.1g
Fat, total (g)	42.8g	4.5g
- saturated (g)	23g	2.4g
Carbohydrate (g)	67.4g	7.1g
- sugars (g)	16.4g	1.7g
Sodium (mg)	1743mg	183mg

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





Make the garlic mash topping

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**. Peel **garlic** cloves.
- Cook chopped potato and garlic cloves in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes. Drain and return to saucepan.
- Add the plant-based butter and the plant-based milk. Season generously with salt. Mash until smooth. Cover to keep warm.



Bake the pie

- Add coconut milk, the water, vegetable stock powder and a pinch of the brown sugar to the pan. Simmer, until slightly thickened, 2-3 minutes.
 Season to taste.
- Transfer filling to a baking dish and evenly spread garlic mash 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!



Start the filling

- While the potato is boiling, preheat grill to high. Slice zucchini into thin half-moons. Drain and rinse lentils.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook zucchini, trimmed 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 beef mince, only use half the lentils. Once the large frying pan is heated (no need for oil), add beef mince, breaking up with a spoon until just browned, 3-4 minutes. Add zucchini, trimmed green beans and soffritto mix, stirring, until tender 4-5 minutes. Continue as above.



Serve up

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

Rate your recipe

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