

Moroccan Lentil Veggie Pie

with Garlic Mash Topping & Flaked Almonds

MEAT-FREE MARVELS



Grab your Meal Kit with this symbol



Garlic



Chopped Potato



Zucchini



Lentils



Trimmed Green Beans



Soffritto Mix



Tomato Paste



Chermoula Spice Blend



Coconut Milk



Vegetable Stock Powder



Flaked Almonds



Beef Mince

Prep in: 15-25 mins
Ready in: 30-40 mins



Plant-Based*

*Custom Recipe is not Plant-Based

Celebrate World Vegetarian Day and balance out the richness with our Meat-Free Marvels. 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 with a lid · Large frying pan · Medium or large baking dish

Ingredients

	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	¼ 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*	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
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

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



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 **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.

3



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!

2



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.

4



Serve up

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

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