



# Caribbean Lentil & Veggie Pie

with Potato Topping & Coriander

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Capsicum



Carrot



Garlic



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Baby Spinach Leaves



Coconut Milk



Vegetable Stock Powder



Coriander



Beef Mince

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



Plant Based\*

\*Custom Recipe is not Plant Based or Calorie Smart



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
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 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
<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)	2445kJ (584Cal)	381kJ (91Cal)
Protein (g)	24.9g	3.9g
Fat, total (g)	28.5g	4.4g
- saturated (g)	17.1g	2.7g
Carbohydrate (g)	52.1g	8.1g
- sugars (g)	17.8g	2.8g
Sodium (mg)	1261mg	196mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3391kJ (810Cal)	442kJ (106Cal)
Protein (g)	52.5g	6.8g
Fat, total (g)	41.3g	5.4g
- saturated (g)	22.7g	3g
Carbohydrate (g)	52.1g	6.8g
- sugars (g)	17.8g	2.3g
Sodium (mg)	1335mg	174mg

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**.
- Drain and rinse **lentils**.

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



## 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 **plant-based milk**. Season generously with **salt**. Mash until smooth.



## 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**.
- Stir in drained **lentils**, **baby spinach leaves**, 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, cook beef mince with the veggies, breaking up with a spoon, until browned, 5-6 minutes. Continue with step as above (drain oil from pan before adding the garlic for best results).



## Assemble the pie

- Preheat grill to high.
- Transfer **lentil mixture** to a baking dish.
- Top with **mash**, running through it with a fork to create an uneven surface. Drizzle with **olive oil**.

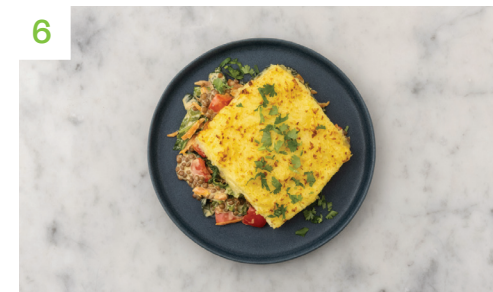
**TIP:** The oil will help the top brown under the grill!



## Grill the pie

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

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



## Serve up

- Divide Caribbean lentil and veggie pie between plates.
- Tear over **coriander** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)