



Indian-Style Lentil & Veggie Curry Pie

with Potato Mash & Chilli Flakes

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Leek



Carrot



Lentils



Garlic Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Vegetable Stock Powder



Coconut Milk



Baby Spinach Leaves



Chilli Flakes (Optional)



Beef Mince

Prep in: 25-35 mins
Ready in: 40-45 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

This one is in a league of its own. We've taken your favourite parts of a curry, 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 Milk, Plant-Based Butter, 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

Medium saucepan · Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
leek	1	2
carrot	1	2
lentils	1 medium packet	2 medium packets
plant-based milk*	2 tbs	¼ cup
plant-based butter*	20g	40g
garlic paste	1 medium packet	2 medium packets
Mumbai spice blend	1 medium sachet	1 large sachet
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
water*	2 tbs	¼ cup
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2384kJ (570Cal)	378kJ (90Cal)
Protein (g)	20.3g	3.2g
Fat, total (g)	25.6g	4.1g
- saturated (g)	16.4g	2.6g
Carbohydrate (g)	60.2g	9.5g
- sugars (g)	21.5g	3.4g
Sodium (mg)	1609mg	255mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3330kJ (796Cal)	440kJ (105Cal)
Protein (g)	47.9g	6.3g
Fat, total (g)	38.4g	5.1g
- saturated (g)	22g	2.9g
Carbohydrate (g)	60.2g	8g
- sugars (g)	21.5g	2.8g
Sodium (mg)	1683mg	223mg

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.



Get prepped

- Bring a medium saucepan of salted water to the boil.
- Peel **potato**, then cut into large chunks.
- Thinly slice **leek**.
- Finely chop **carrot**.
- Drain and rinse **lentils**.

Custom Recipe: If you've added beef mince, only drain and rinse half the lentils.



Assemble the pie

- Preheat grill to high. Transfer **lentil filling** to a baking dish, then top with **potato mash**.
- Run a fork over mash to create an uneven surface.



Make the potato mash

- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain and return **potato** to the saucepan.
- Add the **plant-based milk** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**, then mash until smooth. Cover to keep warm.



Grill the pie

- Grill **pie** until lightly browned, **10-15 minutes**.



Cook the lentil filling

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **leek** and **carrot** until softened, **4-5 minutes**.
- Add the **plant-based butter**, **garlic paste**, **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste** and cook until fragrant, **2 minutes**.
- Add **lentils**, **vegetable stock powder**, **coconut milk**, the **water** and **brown sugar**. Stir and simmer until thickened, **2-3 minutes**. Season with **pepper** to taste. Stir through **baby spinach leaves** until wilted, **1-2 minutes**.

Custom Recipe: Heat a large frying pan over high heat. Before cooking the leek, cook beef mince (no need for oil!), breaking up with a spoon, until just browned, 3-4 minutes. Reduce heat to medium-high and continue as above.



Serve up

- Sprinkle pie with **chilli flakes** (if using).
- Divide Indian-style lentil and veggie curry pie with chilli mash topping between plates to serve. Enjoy!

Custom Recipe: Divide Indian beef, lentil and veggie curry pie with chilli mash topping between plates to serve.

We're here to help!

Scan here if you have any questions or concerns

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