



Caribbean Lentil & Veggie Loaded 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
olive oil*	refer to method	refer to method
potato	2	4
capsicum	1	2
carrot	1	2
garlic	2 cloves	4 cloves
lentils	1 medium packet	2 medium packets
plant-based butter*	20g	40g
plant-based milk*	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 packet	1 large packet
water*	⅓ cup	⅔ cup
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	½ medium sachet	1 medium sachet
coriander	1 packet	1 packet
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)	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
Dietary Fibre (g)	18.2g	2.8g

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
Dietary Fibre	18.2g	2.4g

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** 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 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**.

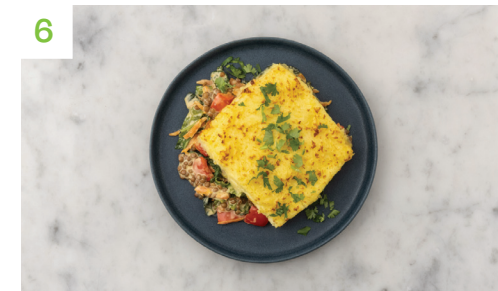
TIP: The oil will help the top brown under the grill!



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW20

