

# Moroccan Lentil Veggie Pie

with Garlic Mash Topping & Flaked Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



Potato



Garlic Paste



Zucchini



Green Beans



Lentils



Soffritto Mix



Tomato Paste



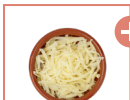
Chermoula Spice Blend



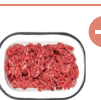
Coconut Milk



Flaked Almonds



Cheddar Cheese



Beef Mince

Prep in: 25-35 mins  
Ready in: 40-50 mins

 Plant Based

 Protein Rich

 Eat Me First

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!

### Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
<b>plant-based butter*</b>	30g	60g
garlic paste	1 packet	2 packets
<b>plant-based milk*</b>	2 tbs	¼ cup
zucchini	1	2
green beans	1 small packet	1 medium packet
lentils	1 packet	2 packets
soffritto mix	1 medium packet	1 large packet
tomato paste	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
<b>salt*</b>	¼ tsp	½ tsp
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3083kJ (737Cal)	339kJ (81Cal)
Protein (g)	32.3g	3.6g
Fat, total (g)	31.5g	3.5g
- saturated (g)	18.3g	2g
Carbohydrate (g)	72.9g	8g
- sugars (g)	20.1g	2.2g
Sodium (mg)	1735mg	191mg
Dietary Fibre (g)	23.5g	2.6g

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.

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 **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain.
- Return saucepan to medium-high heat with the **plant-based butter** and a drizzle of **olive oil**. Cook **garlic paste** until fragrant, **1 minute**.
- Remove from heat then return **potato** and add the **plant-based milk**. Season generously with **salt**. Mash until smooth. Cover to keep warm.

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

4



## Finish the filling

- To the filling, stir in **coconut milk**, the **water**, **salt** and a pinch of **brown sugar**. Simmer, until slightly thickened, **2-3 minutes**. Season to taste.

2



## Get prepped

- While potato is boiling, preheat grill to high.
- Slice **zucchini** into thin half-moons.
- Trim and roughly chop **green beans**.
- Drain and rinse **lentils**.

5



## Bake the pie

- 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!

3



## Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **zucchini**, **green beans** and **soffritto mix**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium then add **tomato paste**, **chermoula spice blend** and **lentils**. Cook until fragrant, **1-2 minutes**.

6



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



### CUSTOM OPTIONS

**+** ADD CHEDDAR CHEESE  
Sprinkle over pie before grilling.

**+** ADD BEEF MINCE  
Cook beef mince with veggies, breaking up beef with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

