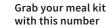


Caribbean Lentil & Veggie-Loaded Pie with Potato Topping & Coriander

CLIMATE SUPERSTAR













Carrot



Lentils

Mild Caribbean Jerk Seasoning



Tomato Paste

Baby Spinach Leaves





Coconut Milk

Coriander





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

Plant Based





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

 $\label{eq:medium} \operatorname{Medium} \operatorname{saucepan} \cdot \operatorname{Large} \operatorname{frying} \operatorname{pan} \cdot \operatorname{Medium} \operatorname{or} \operatorname{large} \\ \operatorname{baking} \operatorname{dish}$

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	3	6	
capsicum	1	2	
carrot	1	2	
garlic	2 cloves	4 cloves	
lentils	1 packet	2 packets	
plant-based butter*	20g	40g	
plant-based milk*	2 tbs	1/4 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 packet	2 packets	
salt*	1/4 tsp	½ tsp	
coriander	1 packet	1 packet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2480kJ (593cal)	197kJ (47cal)
Protein (g)	25g	2g
Fat, total (g)	29.3g	2.3g
- saturated (g)	17.9g	1.4g
Carbohydrate (g)	52.3g	4.2g
- sugars (g)	17.9g	1.4g
Sodium (mg)	1262mg	100.4mg
Dietary Fibre (g)	18.3g	1.5g

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 hoil
- 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 the salt. Simmer until thickened, 2-3 minutes. Season with salt and pepper, then remove from heat.



Assemble the pie

- Preheat grill to high.
- Transfer lentil mixture to a baking dish.
- Top with the 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-loaded pie between plates.
- Tear over coriander to serve. Enjoy!



ADD BEEF MINCE

Before cooking veggies, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

ADD PORK MINCE

Before cooking veggies, cook pork mince, breaking up 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.

