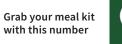


Indian Lentil & Veggie Curry Pie with Potato Mash & Mustard Seed Topping















Carrot





Garlic Paste

Mumbai Spice Blend



Mild North Indian Spice Blend

Tomato Paste





Coconut Milk

Baby Spinach Leaves



Brown Mustard Seeds





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



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!

Pantry items

Olive Oil, Milk, Butter, Brown Sugar

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

Medium saucepan · Large frying pan · Medium baking dish

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
leek	1	2	
carrot	1	2	
lentils	1 packet	2 packets	
milk*	2 tbs	1/4 cup	
butter*	20g	40g	
garlic paste	1 packet	2 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	
salt*	1/4 tsp	½ tsp	
coconut milk	1 packet	2 packets	
water*	2 tbs	½ cup	
brown sugar*	1 tsp	2 tsp	
baby spinach leaves	1 medium packet	1 large packet	
brown mustard seeds	1 sachet	2 sachets	
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^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2686kJ (642cal)	224kJ (54cal)
Protein (g)	28.3g	2.4g
Fat, total (g)	26.6g	2.2g
- saturated (g)	17.4g	1.5g
Carbohydrate (g)	66.3g	5.5g
- sugars (g)	22.6g	1.9g
Sodium (mg)	1556mg	129.9mg
Dietary Fibre (g)	21.3g	1.8g

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
- Peel **potato**, then cut into large chunks.
- · Thinly slice leek.
- Finely chop carrot.
- · Drain and rinse lentils.



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 milk and a generous drizzle of olive oil. Season with salt and pepper, then mash until smooth. Cover to keep warm.



Cook the lentil filling

- · Meanwhile, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook leek and carrot, stirring, until softened, 4-5 minutes.
- Add butter, garlic paste, Mumbai spice blend, mild North Indian spice blend and tomato paste and cook until fragrant, 2 minutes.
- Add lentils, the salt, 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.



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. Sprinkle with brown mustard seeds and drizzle with olive oil.



Grill the pie

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

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



Serve up

• Divide Indian lentil and veggie curry pie with mustard seed mash topping between plates to serve. Enjoy!





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



Cut into bite-sized pieces. Cook with veggies, until cooked through, 4-6 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.

