



Indian Lentil & Veggie Curry Pie

with Potato Mash & Mustard Seed Topping

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Potato



Leek



Carrot



Lentils



Garlic Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Baby Spinach Leaves



Brown Mustard Seeds



Beef Mince



Chicken Breast

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

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!

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

	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	¼ 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*	¼ tsp	½ tsp
coconut milk	1 packet	2 packets
water*	2 tbs	¼ cup
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
brown mustard seeds	1 sachet	2 sachets

*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 the boil.
- Peel **potato**, then cut into large chunks.
- Thinly slice **leek**.
- Finely chop **carrot**.
- Drain and rinse **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. Sprinkle with **brown mustard seeds** and drizzle with **olive oil**.



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.



Grill the pie

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

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



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**.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



CUSTOM OPTIONS



ADD BEEF MINCE

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



ADD CHICKEN BREAST

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.

