



# Caribbean Lentil & Veggie-Loaded Pie

with Potato Topping & Coriander

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Potato



Capsicum



Carrot



Garlic



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Baby Spinach Leaves



Coconut Milk



Vegetable Stock Powder



Coriander



Beef Mince



Chicken Thigh

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

Calorie Smart

Plant Based

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.

### 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

Medium 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
capsicum	1	2
carrot	1	2
garlic	2 cloves	4 cloves
lentils	1 packet	2 packets
<b>plant-based butter*</b>	20g	40g
<b>plant-based milk*</b>	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
<b>water*</b>	½ cup	¾ cup
coconut milk	1 packet	2 packets
vegetable stock powder	½ medium sachet	1 medium sachet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2376kJ (568cal)	225kJ (54cal)
Protein (g)	23.7g	2.2g
Fat, total (g)	29g	2.7g
- saturated (g)	17.9g	1.7g
Carbohydrate (g)	48g	4.5g
- sugars (g)	13.6g	1.3g
Sodium (mg)	1260mg	119.1mg
Dietary Fibre (g)	16.9g	1.6g

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://www.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**. 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



### CUSTOM OPTIONS



#### ADD BEEF MINCE

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



#### ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook with filling 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.

