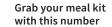
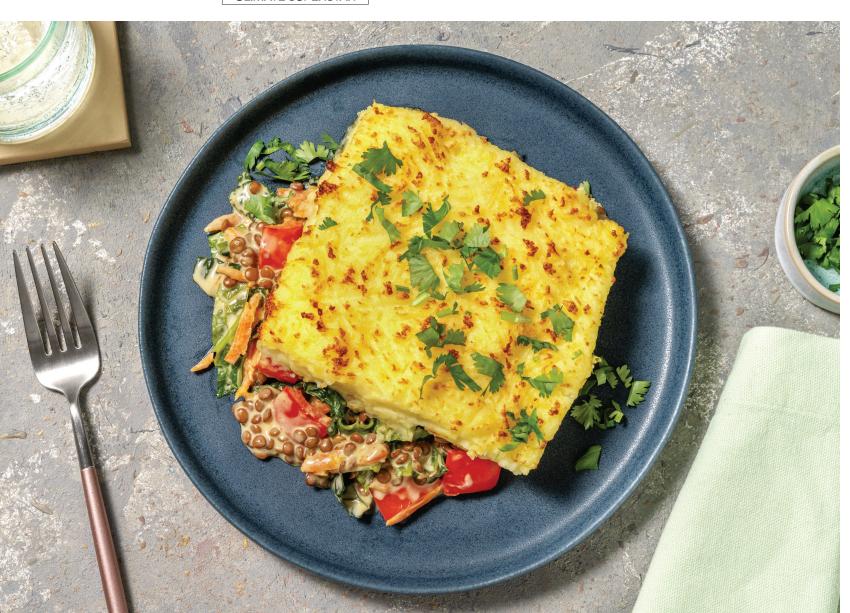


Caribbean Lentil & Veggie-Loaded Pie with Potato Topping & Coriander

CLIMATE SUPERSTAR















Carrot







Lentils

Mild Caribbean Jerk Seasoning





Tomato Paste

Baby Spinach



Coconut Milk

Vegetable Stock Powder



Coriander





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

Plant Based



Calorie Smart

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
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
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 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 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!





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.

