



Lentil Shepherd's Pie & Garlicky Greens

with Parmesan Mash Topping

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Potato



Brown Onion



Carrot



Thyme



Lentils



Tomato Paste



Garlic Paste



Vegetable Stock Pot



Parmesan Cheese



Green Beans



Baby Broccoli



Chicken Breast



Parmesan Cheese

Prep in: 30-40 mins
Ready in: 40-50 mins

Protein Rich

A vegetarian dinner that's comfort food at its best? Sign us up! This herby, tomato lentil base gets a golden potato topping and piles of melted, oozy cheese for a hearty bake that will warm you up from the inside out.

Pantry items

Olive Oil, Milk, Butter

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

Large saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
milk*	2 tbs	¼ cup
butter*	25g	50g
brown onion	1	2
carrot	1	2
thyme	1 packet	2 packets
lentils	1 packet	2 packets
tomato paste	1 medium packet	2 medium packets
garlic paste	1 packet	2 packets
vegetable stock pot	1 packet	2 packets
water*	½ cup	¾ cup
Parmesan cheese	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
baby broccoli	1 bunch	2 bunches

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2934kJ (701cal)	223kJ (53cal)
Protein (g)	31.8g	2.4g
Fat, total (g)	32.9g	2.5g
- saturated (g)	17.7g	1.3g
Carbohydrate (g)	64.4g	4.9g
- sugars (g)	22.6g	1.7g
Sodium (mg)	1207mg	91.7mg
Dietary Fibre (g)	23.3g	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.



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **milk** and **butter** to the potato and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Grill the pie

- Transfer **lentil filling** to a baking dish. Top with **potato mash**, spreading it out evenly. Sprinkle over **Parmesan cheese**.
- Grill **pie**, until just golden, **8-10 minutes**.

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



Get prepped

- Meanwhile, finely chop **brown onion**.
- Grate **carrot**.
- Pick **thyme** leaves.
- Drain and rinse **lentils**.



Cook the veggies

- Meanwhile, trim **green beans** and **baby broccoli**.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans** and **baby broccoli**, tossing, until tender, **4-5 minutes**.
- Add remaining **garlic paste** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**.



Cook the filling

- Preheat grill to high.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **onion** and **carrot**, stirring, until softened, **4-5 minutes**.
- Add **thyme**, **tomato paste** and half the **garlic paste** and cook until fragrant, **1 minute**.
- Add **lentils**, **vegetable stock pot** and the **water** and simmer until thickened, **2-3 minutes**.



Serve up

- Divide lentil shepherd's pie and garlicky greens between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into 2cm chunks. Cook chicken with onion and carrot, until cooked through, 4-6 minutes.

+ DOUBLE PARMESAN CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

