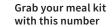


Hearty Lentil & Veggie Shepherd's Pie with Cheesy Potato Topping

CLIMATE SUPERSTAR











Potato

Brown Onion







Rosemary







Thyme

Tomato Paste





Diced Tomatoes with Onion & Garlic

Vegetable Stock Pot



Cheddar Cheese





Pantry items

Olive Oil, Butter, Milk, 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

 ${\bf Large\ frying\ pan\cdot Medium\ or\ large\ baking\ dish}$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
butter*	50g	100g
milk*	2 tbs	1/4 cup
brown onion	1	2
celery	1 medium packet	1 large packet
carrot	1	2
garlic	3 cloves	6 cloves
kale	1 medium packet	2 medium packets
rosemary	2 sticks	4 sticks
thyme	1 packet	2 packets
lentils	1 packet	2 packets
tomato paste	1 medium packet	2 medium packets
diced tomatoes with onion & garlic	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
vegetable stock pot	½ medium packet	1 medium packet
Cheddar cheese	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3273kJ (782Cal)	314kJ (75Cal)
Protein (g)	36.2g	3.5g
Fat, total (g)	29.5g	2.8g
- saturated (g)	18.5g	1.8g
Carbohydrate (g)	83.3g	8g
- sugars (g)	30.9g	3g
Sodium (mg)	2960mg	284mg
Dietary Fibre (g)	27.4g	2.6g

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.



Make the mash

- Bring a large saucepan of salted water to the boil.
- · Peel potato and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**.
- Drain potato, then return to the pan. Add the butter and milk, then season generously with salt. Mash until smooth.

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



Get prepped

- While the potato is cooking, finely chop brown onion and celery.
- Grate carrot.
- Finely chop garlic.
- Tear **kale** leaves from the stem, then roughly chop the leaves.
- Pick and finely chop rosemary leaves (run your fingers down the stalk to remove the leaves easily).
- · Pick thyme leaves.
- · Drain and rinse lentils.



Start the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion, celery and carrot, stirring, until softened, 5-6 minutes.
- Add garlic, rosemary, thyme, tomato paste and another drizzle of olive oil. Cook until fragrant, 2-3 minutes.

TIP: Feel free to use less rosemary if you find it has a strong flavour.



Finish the filling

- Stir through lentils, diced tomatoes with onion & garlic, the brown sugar, vegetable stock pot (see ingredients) and a splash of water. Simmer until mixture is slightly reduced, 5-7 minutes.
- Stir through **kale** until softened, **1-2 minutes**.
- Season with salt and pepper, to taste.

TIP: Add another splash of water to loosen the filling, if needed.



Grill the pie

- Preheat grill to high.
- Transfer lentil filling to a baking dish. Top with potato topping, spreading it out evenly.
- · Sprinkle with Cheddar cheese.
- Grill pie, until cheese is melted, 8-10 minutes.

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



Serve up

• Divide hearty lentil and veggie shepherd's pie between plates to serve. Enjoy!



ADD BEEF MINCE

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

ADD PORK MINCE

Before cooking sauce, cook pork mince, breaking up with a spoon, until browned, 4-5 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.

