



Hearty Lentil & Veggie Shepherd's Pie

with Cheesy Potato Topping

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Potato



Brown Onion



Celery



Carrot



Garlic



Kale



Rosemary



Thyme



Lentils



Tomato Paste



Diced Tomatoes with Onion & Garlic



Vegetable Stock Pot



Cheddar Cheese



Beef Mince



Pork Mince

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

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

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

Large 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
butter*	50g	100g
milk*	2 tbs	¼ 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](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.



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!



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.



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**.



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!



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



CUSTOM OPTIONS



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.

