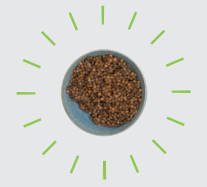




LENTIL SHEPHERD'S PIE

with Cheesy Sweet Potato Top



Make a veggie shepherd's pie



Sweet Potato



Brown Onion



Carrot



Garlic



Rosemary



Thyme



Lentils



Tomato Paste



Diced Tomatoes



Baby Spinach Leaves



Vegetable Stock



Shredded Cheddar Cheese

Hands-on: **30 mins**
Ready in: **40 mins**

Naturally gluten-free
Not suitable for Coeliacs

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

Pantry Staples: Olive Oil, Butter, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan, vegetable peeler, colander, potato masher** or **fork, sieve, large frying pan** and **medium baking dish**.



1 MAKE THE SWEET POTATO MASH

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil. Peel and cut the **sweet potato** into 2cm chunks. Add the **sweet potato** to the boiling water and cook for **10-15 minutes**, or until tender. Drain and return to the saucepan. Add the **butter (40g for 2 people / 80g for 4 people)** and the **salt (see ingredients list)** and mash with a potato masher or fork until smooth. Set aside.



2 GET PREPPED

While the sweet potato is cooking, finely chop the **brown onion**. Finely chop the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **rosemary** leaves. Pick the **thyme** leaves. Drain and rinse the **lentils**.



3 START THE FILLING

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook for **5-6 minutes**, or until softened. Add the **garlic, rosemary, thyme** and **tomato paste** and cook for **2-3 minutes**, or until fragrant and the tomato paste has darkened.



4 FINISH THE FILLING

Add the **lentils, diced tomatoes, brown sugar, remaining butter, water (see ingredients list)** and crumble in the **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. **TIP:** *Butter helps to smooth the acidity from the tomatoes.* Simmer for **5 minutes**, or until reduced slightly. Stir in the **baby spinach leaves** until wilted. **TIP:** *Add a dash of water if the mixture looks dry!*



5 BAKE THE PIE

Transfer the filling into a medium baking dish. Top with the **sweet potato mash** and sprinkle with the **shredded Cheddar cheese**. Bake for **8-10 minutes**, or until the cheese is melted.



6 SERVE UP

Divide the lentil shepherd's pie with cheesy sweet potato top between bowls.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	50g	100g
salt*	¼ tsp	½ tsp
brown onion	1	2
carrot	1	2
garlic	3 cloves	6 cloves
rosemary	1 bunch	1 bunch
thyme	1 bunch	1 bunch
lentils	1 tin (400 g)	2 tins (800 g)
tomato paste	1 sachet (50 g)	2 sachets (100 g)
diced tomatoes	1 box (390 g)	2 boxes (780 g)
brown sugar*	½ tsp	1 tsp
water*	¼ cup	½ cup
baby spinach leaves	1 bag (120 g)	1 bag (240 g)
vegetable stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2860kJ (682Cal)	322kJ (77Cal)
Protein (g)	25.3g	2.9g
Fat, total (g)	31.5g	3.6g
- saturated (g)	19.6g	2.2g
Carbohydrate (g)	65.2g	7.4g
- sugars (g)	28.6g	3.2g
Sodium (g)	982mg	111mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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