



Potato Topped Thai Red Curry Lentil Pie

with Cucumber Salad & Coriander

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Carrot



Potato



Brown Onion



Cucumber



Coriander



Lentils



Thai Red Curry Paste



Coconut Milk



Mixed Salad Leaves



Ginger Paste



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins



Calorie Smart[^]
[^]Custom recipe is not Calorie Smart

Eat Me Early*
*Custom Recipe only

This one is in a league of its own. We've taken your favourite parts of a curry, switched out the meat for hearty lentils and whipped it all up just like a shepherd's pie. All that is left, is for you to try this tasty concoction!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk, Vinegar (White Wine or Balsamic)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
carrot	1	2
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
brown onion	1	2
cucumber	1	2
coriander	1 bag	1 bag
lentils	1 tin	2 tins
ginger paste	1 medium packet	1 large packet
Thai red curry paste	½ tin	1 tin
coconut milk	1 medium tin	2 medium tins
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
chicken breast	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2431kJ (581Cal)	277kJ (66Cal)
Protein (g)	23g	2.6g
Fat, total (g)	35.7g	4.1g
- saturated (g)	25.7g	2.9g
Carbohydrate (g)	66.8g	7.6g
- sugars (g)	23.4g	2.7g
Sodium (mg)	1345mg	153mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3191kJ (763Cal)	306kJ (73Cal)
Protein (g)	56.2g	5.4g
Fat, total (g)	40.9g	3.9g
- saturated (g)	27.3g	2.6g
Carbohydrate (g)	66.8g	6.4g
- sugars (g)	23.4g	2.2g
Sodium (mg)	1434mg	138mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW02



1



Roast the veggies

- Preheat the oven to **240°C/220°C fan-forced**. Bring a large saucepan of salted water to the boil.
- Cut **zucchini** and **carrot** into bite-sized chunks.
- Place **veggies** in a large baking dish. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until browned and tender, **20-25 minutes**.

4



Cook the lentil curry

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **onion** and cook, until tender, **4-5 minutes**.
- **SPICY!** The curry paste is spicy so use a little less if you prefer your curry mild. Add **ginger paste** and **Thai red curry paste** (see ingredients) and cook stirring, until fragrant, **1-2 minutes**.
- Reduce the heat to medium. Add **coconut milk**, drained **lentils** and a pinch of **sugar**, and simmer until thickened, **2-3 minutes**. Season to taste.

TIP: Add a splash of water if the curry looks too thick.

Custom Recipe: Cook chicken with the onion, tossing occasionally, until browned, 5-6 minutes. Continue with step as above.

2



Make the mash

- While **veggies** are roasting, peel **potato** and cut into bite-sized chunks. Cook in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to the **potato** and season generously with **salt**. Mash until smooth.

5



Bake the lentil pie

- When the veggies are roasted, remove from the oven and transfer the **lentil curry** to the baking dish. Stir to combine.
- Top with **mashed potato** and spread out evenly. Bake until lightly golden, **5-8 minutes**.
- Meanwhile, in a medium bowl, combine **cucumber**, **mixed salad leaves**, a drizzle of **vinegar** and **olive oil**. Toss to coat and season to taste.

3



Get prepped

- While the **potato** is cooking, thinly slice **brown onion**. Roughly chop **cucumber** and **coriander**. Drain and rinse **lentils**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

6



Serve up

- Divide the potato topped Thai red curry lentil pie between plates.
- Serve with the cucumber salad. Sprinkle the pie with coriander. Enjoy!

Rate your recipe

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