

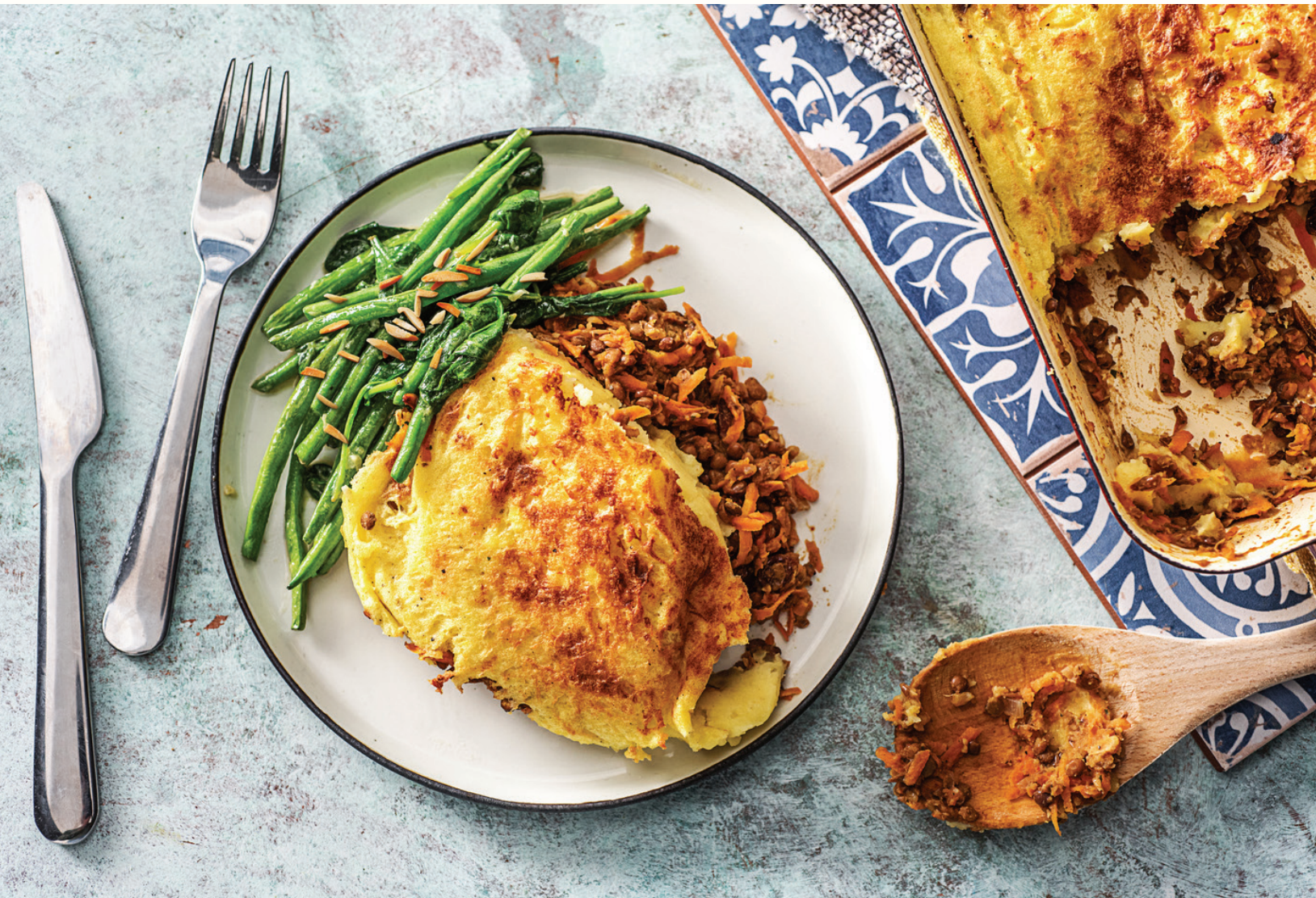


SPICED LENTIL COTTAGE PIE

with Garlic Greens



Make a mash-topped lentil pie



Potato



Red Onion



Garlic



Green Beans



Carrot



Lentils



Slivered Almonds



Souk Market Spice Blend



Vegetable Stock



Currants



Baby Spinach Leaves



Hands-on: 25 mins

Ready in: 35 mins



Naturally gluten-free

Not suitable for Coeliacs

With juicy currants that burst in your mouth with every Moroccan-spiced bite, there's a lot more under the fluffy mashed potato surface of this pie than meets the eye...

Pantry Staples: Olive Oil, Milk, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** with **lid** • **medium frying pan** • **medium baking dish**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and chop into 2cm chunks. Finely chop the **red onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Trim the **green beans**. Grate the **carrot** (unpeeled). Drain and rinse the **lentils**.



2 MAKE THE MASHED POTATO

Add the **potato** to the saucepan of boiling water and cook for **10-15 minutes**, or until easily pierced with a knife. Drain and return to the pan. Add **2/3** of the **milk** and **1/2** the **butter** and mash, using a potato masher or fork, until smooth. Add the **salt** and a **pinch** of **pepper**. Cover with a lid to keep warm.



3 TOAST THE SLIVERED ALMONDS

While the potato is cooking, heat a medium frying pan over a medium heat. Add the **slivered almonds** and toast, tossing, for **3-4 minutes**, or until golden. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **red onion** and **carrot** and cook for **5 minutes**, or until soft. Add the **Souk Market spice blend** and **1/2** the **garlic** and cook, stirring, for **1 minute**, or until fragrant.



4 COOK THE LENTIL FILLING

Preheat the grill to **high**. Add the **water**, **lentils** and **currants** to the frying pan. Crumble the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) into the pan. Simmer for **2-3 minutes**, or until thickened slightly. Season to taste with **salt** and **pepper**. Transfer the mixture to a medium baking dish and top with the **mashed potato**. Place on the top rack of the oven and grill for **6-8 minutes**, or until lightly golden.



5 COOK THE GARLIC GREENS

While the pie is grilling, wipe out the medium frying pan with a paper towel and heat the **remaining butter** over a medium heat. Add the **green beans** and **remaining milk** and cook for **5 minutes**, or until softened. Add the **remaining garlic** and cook for **1 minute**, or until fragrant. Add the **baby spinach leaves** and stir until wilted. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the spiced lentil cottage pie between plates and serve with the garlic greens. Sprinkle the slivered almonds over the greens.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
red onion	½	1
garlic	3 cloves	6 cloves
green beans	1 bag (100 g)	1 bag (200 g)
carrot	1	2
lentils	1 tin	2 tins
milk*	¼ cup	½ cup
butter*	40 g	80 g
salt*	¼ tsp	½ tsp
slivered almonds	1 packet	2 packets
Souk Market spice blend	1 sachet	2 sachets
water*	½ cup	1 cup
currants	1 packet	2 packets
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag (120 g)	1 bag (240 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2350kJ (561Cal)	287kJ (68Cal)
Protein (g)	24.9g	3.0g
Fat, total (g)	11.1g	1.4g
- saturated (g)	0.8g	0.1g
Carbohydrate (g)	77.8g	9.5g
- sugars (g)	20.6g	2.5g
Sodium (g)	1036mg	126mg

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

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

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

Hello@HelloFresh.com.au

2018 | WK37

HelloFRESH