HELLO FRESH

Potato-Topped Lentil & Cauliflower Curry Pie
with Tomato Salad

Cauliflower

Carrot

Potato

Brown Onion

Tomato

Lentils

Mild Thai Red Curry Paste

Coconut Milk

Mixed Salad Leaves

Chicken Breast

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

🥗 **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, White Wine Vinegar

H

Before you start

Wash your hands and any fresh food.

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 baking dish · Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot	1	2
potato	2	4
*butter**	40g	80g
*milk**	2 tbs	¼ cup
brown onion	1	2
tomato	1	2
lentils	1 packet	2 packets
mild Thai red curry paste	1 packet	2 packets
*soy sauce**	½ tbs	1 tbs
coconut milk	1 packet	2 packets
mixed salad leaves	1 small bag	1 medium bag
*white wine vinegar**	drizzle	drizzle
chicken breast**	1 small packet	2 small packets OR 1 large packet

***Pantry Items** **Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3135kJ (749Cal)	340kJ (81Cal)
Protein (g)	29g	3.1g
Fat, total (g)	34.9g	3.8g
- saturated (g)	25.7g	2.8g
Carbohydrate (g)	73.8g	8g
- sugars (g)	31.3g	3.4g
Sodium (mg)	2274mg	247mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3907kJ (934Cal)	359kJ (86Cal)
Protein (g)	61.6g	5.7g
Fat, total (g)	40.7g	3.7g
- saturated (g)	27.5g	2.5g
Carbohydrate (g)	73.8g	6.8g
- sugars (g)	31.3g	2.9g
Sodium (mg)	2365mg	218mg

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

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1

Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Bring a large saucepan of salted water to the boil.
- Cut **cauliflower** into small florets.
- Cut **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**.

2

Make the mash

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

3

Get prepped

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

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

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 mild, use less if you're sensitive to heat!* Add **mild Thai red curry paste** and the **soy sauce** and cook stirring, until fragrant, **1-2 minutes**.
- Reduce heat to medium. Add **coconut milk** and drained **lentils** 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 and cooked through (when it's no longer pink inside), 5-6 minutes. Continue with step as above.

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 **potato** and spread out evenly. Bake until lightly golden, **5-8 minutes**.
- Meanwhile, in a medium bowl, combine **tomato**, **mixed salad leaves**, a drizzle of the **white wine vinegar** and **olive oil**. Toss to coat and season to taste.

6

Serve up

- Divide the potato-topped lentil curry pie between plates.
- Serve with the tomato salad. Enjoy!

Rate your recipe

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