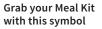


Potato-Topped Lentil & Cauliflower Curry Pie with Tomato Salad

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Potato



Brown Onion







Red Curry Paste



Mixed Salad Leaves



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!

Pantry items

Olive Oil, Butter, Milk, White Wine Vinegar

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

ingi edients				
	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	1/4 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





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.



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.



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.



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.



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.



Serve up

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

Rate your recipe

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