





Caribbean Lentil & Veggie Pie

with Coconut Sweet Potato Mash Topping

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Capsicum
-  Garlic
-  Coriander
-  Lemon
-  Carrot
-  Lentils
-  Coconut Cream
-  Mild Caribbean Jerk Seasoning
-  Tomato Paste
-  Vegetable Stock
-  Baby Spinach Leaves

 Hands-on: 30-40 mins
 Ready in: 45-55 mins
 Naturally gluten-free
Not suitable for Coeliacs

And now for something completely different, meet our game-changing veggie pie. With lentils cooked in a creamy coconut sauce flavoured with Caribbean spices, plus a sweet potato mash topping, it's nourishing and delicious.

Pantry items

Olive Oil, Butter

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

Medium saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
capsicum	1	2
garlic	2 cloves	4 cloves
coriander	1 bag	1 bag
lemon	½	1
carrot	1	2
lentils	1 tin	2 tins
salt*	¼ tsp	½ tsp
coconut cream	1 tin (200ml)	1 tin (400ml)
butter*	20g	40g
mild Caribbean jerk seasoning	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
water*	½ cup	¾ cup
vegetable stock	½ cube	1 cube
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3006kJ (718Cal)	400kJ (95Cal)
Protein (g)	18.9g	2.5g
Fat, total (g)	39.3g	5.2g
- saturated (g)	29.7g	3.9g
Carbohydrate (g)	61.2g	8.1g
- sugars (g)	25.6g	3.4g
Sodium (mg)	1625mg	216mg

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.



Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **sweet potato** and cut into 2cm chunks. Cut the **capsicum** into 1cm chunks. Finely chop the **garlic**. Roughly chop the **coriander**. Zest the **lemon** to get a generous pinch, then slice into wedges. Grate the **carrot** (unpeeled). Drain and rinse the **lentils**.



Make the sweet potato mash

Add the **sweet potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **salt** and mash using a potato masher or fork until smooth. Stir through the **lemon zest** and 1/2 the **coconut cream**.



Cook the lentils

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **capsicum** and **carrot** and cook until softened, **4-5 minutes**. Add the **butter**, **garlic**, **mild Caribbean jerk seasoning** and **tomato paste** and cook until fragrant, **2 minutes**. Add the drained **lentils**, **water**, remaining **coconut cream** and crumble in the **vegetable stock** (1/2 cube for 2 people / 1 cube for 4 people). Simmer until thickened, **2-3 minutes**. Season to taste. Stir through the **baby spinach leaves** until wilted.



Assemble the pie

Preheat the grill to high. Transfer the **lentil mixture** to a baking dish and top with the **sweet potato mash**. Run a fork through the mash to create an uneven surface.

TIP: Grills cook fast, so keep an eye on the pie!



Grill the pie

Grill until lightly browned, **8-10 minutes**.



Serve up

Divide the Caribbean lentil and veggie pie between plates, sprinkle over the coriander and serve with the lemon wedges.

Enjoy!