



Caribbean Lentil & Veggie Pie

with Coconut Sweet Potato Mash Topping

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Garlic



Carrot



Lentils



Coconut Cream



Mild Caribbean Jerk Seasoning



Tomato Paste



Vegetable Stock Powder



Baby Spinach Leaves



Coriander

Hands-on: **30-40 mins**
Ready in: **45-55 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Plant-based

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, Plant-Based 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
carrot	1	2
lentils	1 tin	2 tins
salt*	¼ tsp	½ tsp
coconut cream	1 tin (200ml)	1 tin (400ml)
plant-based butter*	20g	40g
mild Caribbean jerk seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water*	½ cup	¾ cup
vegetable stock powder	½ medium sachet	1 medium sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2901kJ (693Cal)	399kJ (95Cal)
Protein (g)	18.7g	2.6g
Fat, total (g)	37.3g	5.1g
- saturated (g)	25.9g	3.6g
Carbohydrate (g)	60.7g	8.3g
- sugars (g)	25.2g	3.5g
Sodium (mg)	1615mg	222mg

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](https://www.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 bite-sized chunks. Cut the **capsicum** into small chunks. Finely chop the **garlic**. Grate the **carrot**. Drain and rinse the **lentils**.



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.



Make the sweet potato mash

Cook the **sweet potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **salt** and mash until smooth. Stir through 1/2 the **coconut cream**.



Grill the pie

Grill until lightly browned, **10-15 minutes**.

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



Cook the lentils

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **capsicum** and **carrot** until softened, **4-5 minutes**. Add the **plant-based butter**, **garlic**, **mild Caribbean jerk seasoning** and **tomato paste** and cook until fragrant, **2 minutes**. Add the drained **lentils**, **water**, remaining **coconut cream** and the **vegetable stock powder** (see ingredients). Simmer until thickened, **2-3 minutes**. Season with **salt** and **pepper**. Stir through the **baby spinach leaves** until wilted.



Serve up

Roughly chop the **coriander**. Divide the Caribbean lentil pie between plates, sprinkle with the coriander to serve.

Enjoy!

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