



Caribbean Lentil & Veggie Pie

with Potato Topping

Grab your Meal Kit with this symbol



Potato



Celery



Carrot



Garlic



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Coriander

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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

Calorie Smart

Naturally Gluten-Free
Not suitable for coeliacs

Plant Based

And now for something completely different, meet our game-changing plant-based pie! A coconutty, Caribbean-spiced lentil filling meets a golden potato topping for a dish that's equally wholesome and delish.

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk

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
potato	2	4
celery	1 stalks	2 stalks
carrot	1	2
garlic	2 cloves	4 cloves
lentils	1 tin	2 tins
plant-based butter*	20g	40g
plant-based milk*	2 tbs	¼ cup
mild Caribbean jerk seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water*	½ cup	¾ cup
coconut milk	1 medium tin	1 large tin
vegetable stock powder	½ medium sachet	1 medium sachet
baby spinach leaves	1 medium bag	1 large bag
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2406kJ (575Cal)	344kJ (82Cal)
Protein (g)	17.2g	2.5g
Fat, total (g)	27.7g	4g
- saturated (g)	15.3g	2.2g
Carbohydrate (g)	58.7g	8.4g
- sugars (g)	16.6g	2.4g
Sodium (mg)	1333mg	190mg

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 **potato** and cut into large chunks.
- Finely chop **celery**. Grate **carrot**. Finely chop **garlic**.
- Drain and rinse **lentils**.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Assemble the pie

- Preheat grill to high.
- Transfer **lentil mixture** to a baking dish.
- Top with the **mash**, running through it with a fork to create an uneven surface. Drizzle with **olive oil**.

TIP: The oil will help the top brown under the grill!



Make the mash

- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **potato**, then return to pan.
- Add the **plant-based butter** and **plant-based milk**. Season generously with **salt**. Mash until smooth.



Grill the pie

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



Cook the lentil mixture

- While potato is cooking, heat a drizzle of **olive oil** in a large frying pan over medium-high heat.
- Cook **celery** and **carrot**, stirring, until softened, **4-5 minutes**.
- Add **garlic**, **mild Caribbean jerk seasoning** and **tomato paste**. Cook until fragrant, **2 minutes**.
- Add drained **lentils**, the **water**, **coconut milk** and **vegetable stock powder** (see ingredients). Stir to combine. Simmer until thickened, **2-3 minutes**. Stir through **baby spinach leaves** until wilted, **1 minute**. Season with **salt** and **pepper**, then remove from heat.



Serve up

- Roughly chop **coriander**.
- Divide Caribbean lentil and veggie pie between plates.
- Sprinkle with coriander to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://www.hellofresh.com.au/rate)