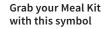
Caribbean Lentil & Veggie Pie

with Potato Topping





















Lentils







Tomato Paste



Vegetable Stock



Baby Spinach

Leaves

Powder



Coriander

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





Plant Based

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

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	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	¹⁄₄ cup	
mild Caribbean jerk seasoning	1 sachet	2 sachets	
tomato paste	1 packet	2 packets	
water*	⅓ cup	⅔ 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 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 hoil
- 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!



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.



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.



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!



Grill the pie

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



Serve up

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

