

CHEESY POTATO & LENTIL BAKE

with Crusty Ciabatta





Top your pie with roasted potato slices







Brown Onion







Silverbeet



Rosemary









Sliced Mushrooms

Tomato Paste





Dijon Mustard

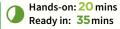




Shredded Cheddar Cheese



Bake-At-Home Ciabatta





This comforting bake uses a rich lentil and veggie mixture as its base, with a golden topping of crisp potatoes and decadent melted cheese. This dinner will keep the cold weather away, but be warned, you'll crave it again and again... Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• oven tray lined with baking paper • large frying pan • medium baking dish



ROAST THE POTATO Preheat the oven to 220°C/200°C fan-

forced. Very thinly slice the potato (unpeeled) into 0.5cm slices. *TIP: Cutting the potato very thin makes sure it cooks through and browns in the oven! Place the potato slices on an oven tray lined with baking paper, drizzle with olive oil and season with salt and pepper. Toss to coat, then roast until tender, 20-25 minutes.



PREP THE VEG

While the potato is roasting, finely chop the **brown onion**. Finely chop the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **rosemary (see ingredients list)** and **thyme** leaves. Thinly slice the **silverbeet**. Drain and rinse the **lentils**.



COOK THE FILLING

In a large frying pan, heat the butter and a drizzle of olive oil over a high heat. Add the sliced mushrooms and cook until browned, 5 minutes. * TIP: Cooking the mushrooms first allows them to brown and develop flavour. Add the onion, carrot, garlic, rosemary and thyme to the pan and cook until softened, 3-4 minutes. Add the tomato paste and cook for 2 minutes. Add the Dijon mustard, lentils, water and crumbled vegetable stock (1 1/2 cubes for 2 people / 3 cubes for 4 people). Bring to a simmer, then stir through the silverbeet until wilted.



ASSEMBLE THE DISH

Transfer the lentil mixture to a medium baking dish and arrange the roasted **potato** slices over the top to cover. Sprinkle over the **shredded Cheddar cheese**. *TIP: For an evenly browned top, try to avoid overlapping the potatoes.



MELT THE CHEESE

Transfer to the oven and bake until the cheese is melted and bubbling,

10-12 minutes. Place the bake-at-home ciabatta directly on the wire racks in the oven and cook until heated through, 5 minutes.



SERVE UP

Divide the cheesy lentil bake between plates and serve with the crusty ciabatta.

* TIP: For the low-calorie option, serve with 1/2 the ciabatta.

ENJOY!

2 4 PEOPLE

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	1	2
brown onion	1	2
carrot	1	2
garlic	2 cloves	4 cloves
rosemary	½ bunch	1 bunch
thyme	1 bunch	1 bunch
silverbeet	1 bag	1 bag
lentils	1 tin	2 tins
butter*	20g	40g
sliced mushrooms	1 packet (150 g)	1 packet (300 g)
tomato paste	1 sachet	2 sachets
Dijon mustard	1 tub (15 g)	2 tubs (30 g)
water*	1 cup	2 cups
vegetable stock	1½ cubes	3 cubes
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
bake-at-home ciabatta	1	2

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2110kJ (505Cal)	331kJ (79Cal)
Protein (g)	23.4g	3.7g
Fat, total (g)	18.7g	2.9g
- saturated (g)	11.1g	1.7g
Carbohydrate (g)	52.6g	8.2g
- sugars (g)	13.3g	2.1g
Sodium (g)	1390mg	217mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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