



# CHEESY POTATO & LENTIL BAKE

with Crusty Ciabatta



Top your pie with roasted potato slices



Potato



Brown Onion



Carrot



Garlic



Silverbeet



Rosemary



Thyme



Lentils



Sliced Mushrooms



Tomato Paste



Dijon Mustard



Vegetable Stock



Shredded Cheddar Cheese



Bake-At-Home Ciabatta

Hands-on: 20 mins  
Ready in: 35 mins

Low calorie

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...

Pantry Staples: Olive Oil, Butter



## BEFORE YOU START

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**



### 1 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**.



### 2 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**.



### 3 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.



### 4 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.*



### 5 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**.



### 6 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](https://www.hellofresh.com.au/foodinfo)

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