



Lentil Shepherd's Pie

with Parmesan Mash Topping

Grab your Meal Kit
with this symbol



Dried Porcini
Mushrooms



Potato



Brown Onion



Carrot



Garlic



Rosemary



Thyme



Lentils



Grated Parmesan
Cheese



Tomato Paste



Vegetable
Stock Pot



Green Beans



Baby Spinach
Leaves

Pantry items

Olive Oil, Milk, Butter

Hands-on: **40-50 mins**
Ready in: **45-55 mins**

Naturally gluten-free
Not suitable for Coeliacs

A vegetarian dinner that's comfort food at its best? Sign us up! This herby, tomato lentil base gets a golden potato topping and piles of melted, oozy cheese for a hearty bake that will warm you up from the inside out.

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 · Small or medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
dried porcini mushrooms	1 packet	2 packets
potato	2	4
brown onion	1	2
carrot	1	2
garlic	2 cloves	4 cloves
rosemary	1 bunch	1 bunch
thyme	1 bunch	1 bunch
lentils	1 tin	2 tins
salt*	¼ tsp	½ tsp
milk*	2 tbs	¼ cup
butter*	50g	100g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
tomato paste	1 sachet (50g)	2 sachets (100g)
vegetable stock pot	1 tub (20g)	1 tub (40g)
green beans	1 bag (100g)	1 bag (200g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2730kJ (652Cal)	401kJ (95Cal)
Protein (g)	24.3g	3.6g
Fat, total (g)	31g	4.6g
- saturated (g)	17.3g	2.5g
Carbohydrate (g)	60g	8.8g
- sugars (g)	19.4g	2.8g
Sodium (mg)	1539mg	226mg

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.

1



Get prepped

Bring a kettle of water to the boil. Bring a medium saucepan of salted water to the boil. In a heatproof jug or bowl, combine the **boiling water** from the kettle (1/2 cup for 2 people / 1 cup for 4 people) and **dried porcini mushrooms**. Set aside. Peel the **potato** and cut into 2cm chunks. Finely chop the **brown onion** and **carrot** (unpeeled). Finely chop the **garlic**. Pick and finely chop the **rosemary** leaves. Pick the **thyme** leaves. Drain and rinse the **lentils**.

2



Make the mash

Cook the **potato** in the boiling water and cook until soft when pierced with a knife, **10-15 minutes**. Drain well and return to the saucepan. Add the **salt**, **milk** and 1/2 the **butter**. Mash with a potato masher or fork until smooth. Stir through the **grated Parmesan cheese**. Season with **pepper**.

3



Start the pie

While the potato is cooking, heat the remaining **butter** and a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and **carrot** and cook, stirring, until softened, **6-7 minutes**. Add the **garlic** (reserve a pinch for the greens), **rosemary** and **thyme** and cook until fragrant, **1 minute**.

4



Make it saucy

Drain the **porcini mushrooms**, reserving the **soaking liquid**, and roughly chop. Add the **tomato paste** to the **veggies** and stir to combine. Add the **porcini mushrooms** and **soaking liquid** (leave any gritty bits at the bottom of the jug), **lentils** and **vegetable stock pot**. Simmer until thickened slightly, **2-3 minutes**.

TIP: Add a splash of water if the mixture looks dry.

5



Grill the pie

Preheat the grill to high. Transfer the **lentil mixture** to a baking dish and top with the **Parmesan mash**. Run a fork over the **mash** to create an uneven surface, then place the pie under the grill. Cook until the top has browned slightly, **5-10 minutes**. Trim the **green beans**. Wash out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans**, tossing, until tender, **3-4 minutes**. Add the reserved pinch of **garlic** and the **baby spinach leaves** and cook until wilted, **1 minute**. Season with **salt** and **pepper**.

6



Serve up

Divide the lentil shepherd's pie and garlic greens between plates.

Enjoy!