



# Lentil Shepherd's Pie

with Cheesy Potato Topping

Grab your Meal Kit with this symbol



Potato



Brown Onion



Celery



Carrot



Garlic



Rosemary



Thyme



Lentils



Tomato Paste



Diced Tomatoes With Garlic & Onion



Vegetable Stock



Baby Spinach Leaves



Shredded Cheddar Cheese

Hands-on: **30-40 mins**  
 Ready in: **40-50 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.

### Pantry items

Olive Oil, Butter, Milk, Brown Sugar



## 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

Large saucepan · Large frying pan · Medium or Large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
butter*	50g	100g
salt*	¼ tsp	½ tsp
milk*	2 tbs	¼ cup
brown onion	1	2
celery	1 stalk	2 stalks
carrot	1	2
garlic	3 cloves	6 cloves
rosemary	1 bunch	1 bunch
thyme	1 bunch	1 bunch
lentils	1 tin	2 tins
tomato paste	1 sachet	2 sachets
diced tomatoes with garlic & onion	1 box	2 boxes
water*	drizzle	drizzle
brown sugar*	1 tsp	2 tsp
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)
shredded Cheddar cheese	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3688kJ (881Cal)	369kJ (88Cal)
Protein (g)	34.4g	3.4g
Fat, total (g)	40.6g	4.1g
- saturated (g)	26g	2.6g
Carbohydrate (g)	84.4g	8.4g
- sugars (g)	28.5g	2.9g
Sodium (mg)	2390mg	239mg

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://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Make the potato mash

Bring a large saucepan of salted water to the boil. Peel the **potato** and cut into bite-sized chunks. Cook the **potato** in the boiling water until tender, **10-15 minutes**. Drain and return to the pan. Add the **butter, milk** and **salt** and mash with a potato masher or fork until smooth. Set aside.



## Finish the filling

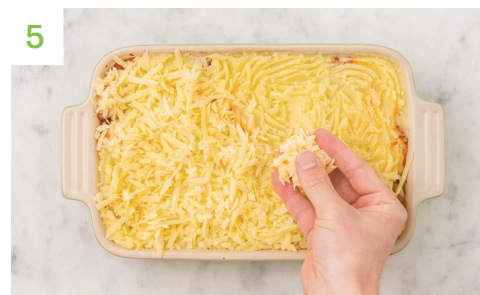
Add the **lentils, diced tomatoes, brown sugar, the water** and crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people) to the frying pan. Simmer until the mixture has reduced slightly, **5-7 minutes**. Stir in the **baby spinach leaves** until wilted. Add a splash of **water** if the mixture looks dry. Season to taste.



## Get prepped

While the potato is cooking, finely chop the **brown onion** and **celery**. Grate the **carrot**. Finely chop the **garlic**. Pick and finely chop the **rosemary** leaves. Pick the **thyme** leaves. Drain and rinse the **lentils**.

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily!



## Bake the pie

Preheat the grill to medium-high. Transfer the **lentil mixture** to a baking dish. Top with the **potato mash** and sprinkle with the **shredded Cheddar cheese**. Grill until the cheese is melted, **8-10 minutes**.



## Start the filling

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **onion, celery** and **carrot** and cook until softened, **5-6 minutes**. Add the **garlic, rosemary, thyme, tomato paste** and another drizzle of **olive oil** and cook, stirring, until fragrant, **2-3 minutes**.



## Serve up

Divide the lentil shepherd's pie between bowls.

Enjoy!