



Lentil & Veggie Shepherd's Pie

with Cheesy Potato Topping

Grab your Meal Kit with this symbol



Potato



Brown Onion



Celery



Carrot



Garlic



Kale



Rosemary



Lentils



Tomato Paste



Diced Tomatoes with Garlic & Onion



Vegetable Stock Powder



Shredded Cheddar Cheese



Beef Mince

Prep in: **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! A herby tomato and lentil filling gets a golden potato topping and plenty of melted, oozy cheese for a hearty bake that will warm you up from the inside-out.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
milk*	2 tbs	¼ cup
brown onion	1	2
celery	1 stalk	2 stalks
carrot	1	2
garlic	3 cloves	6 cloves
kale	1 medium bag	1 large bag
rosemary	2 sticks	4 sticks
lentils	1 tin	2 tins
tomato paste	1 packet	2 packets
diced tomatoes with garlic & onion	1 box	2 boxes
brown sugar*	1 tsp	2 tsp
vegetable stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 large packet	2 large packets
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3681kJ (880Cal)	365kJ (87Cal)
Protein (g)	35.1g	3.5g
Fat, total (g)	41.2g	4.1g
- saturated (g)	26.2g	2.6g
Carbohydrate (g)	87.3g	8.7g
- sugars (g)	31.6g	3.1g
Sodium (mg)	2107mg	209mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4625kJ (1105Cal)	408kJ (98Cal)
Protein (g)	62.5g	5.5g
Fat, total (g)	54g	4.8g
- saturated (g)	31.7g	2.8g
Carbohydrate (g)	87.3g	7.7g
- sugars (g)	31.6g	2.8g
Sodium (mg)	2183mg	193mg

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.

We're here to help!

Scan here if you have any questions or concerns



1 Make the potato topping

- Bring a large saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**.
- Drain **potato**, then return to pan. Add the **butter** and the **milk**, then season generously with **salt**. Mash until smooth.

TIP: Save time and get more fibre by leaving the potato unpeeled!



4 Finish the filling

- Stir through **lentils, diced tomatoes with garlic & onion, the brown sugar, vegetable stock powder** and a splash of **water**. Simmer until mixture is slightly reduced, **5-7 minutes**.
- Stir through **kale** until softened, **1-2 minutes**.
- Season with **salt** and **pepper** to taste.

TIP: Add another splash of water to loosen the filling, if needed.



2 Get prepped

- While the potato is cooking, finely chop **brown onion** and **celery**. Grate the **carrot**. Finely chop **garlic**. Tear **kale** leaves from the stem, then roughly chop the leaves.
- Pick and finely chop **rosemary** leaves (run your fingers down the stalk to remove the leaves easily).
- Drain and rinse **lentils**.

Custom Recipe: If you've added beef mince, only use 1/2 the lentils.



5 Grill the pie

- Preheat grill to medium-high.
- Transfer **lentil filling** to a baking dish. Top with **potato topping**, spreading it out evenly. Sprinkle with **shredded Cheddar cheese**.
- Grill until cheese is melted, **8-10 minutes**.

TIP: Grills cook fast, so keep an eye on the pie!

Custom Recipe: Assemble and grill the beef and lentil pie the same way as above.



3 Start the filling

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

TIP: Feel free to use less rosemary if you find it has a strong flavour.

Custom Recipe: Cook mince with the onion, celery and carrot, breaking up mince with a spoon, until just browned 5-6 minutes. For best results, drain the oil from the pan before continuing with the step.



6 Serve up

- Divide lentil and veggie shepherd's pie between plates to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate