



Veggie Loaded Lentil-Cauliflower Pie

with Parmesan Mash & Mint-Garlic Yoghurt

Grab your Meal Kit
with this symbol



Cauliflower



Carrot



Zucchini



Potato



Garlic



Ginger



Lentils



Chermoula Spice Blend



Diced Tomatoes



Caramelised Onion Chutney



Vegetable Stock



Baby Spinach Leaves



Shaved Parmesan Cheese



Greek Yoghurt



Mint



Hands-on: **35-45mins**



Ready in: **45-55 mins**



Naturally gluten-free

Not suitable for Coeliacs

No-one will want to miss dinner when this irresistible veggie pie is on the menu! With a saucy chermoula-spiced lentil filling, creamy Parmesan-laced mash and mint-garlic yoghurt, it's home cooking at its finest.

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

Two oven trays lined with baking paper ·
Medium saucepan · Large frying pan ·
Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
zucchini	1	2
potato	3	6
milk*	¼ cup	½ cup
salt*	¼ tsp	½ tsp
butter*	50g	100g
garlic	4 cloves	8 cloves
ginger	1 knob	2 knobs
lentils	1 tin	2 tins
chermoula spice blend	1 sachet	2 sachets
diced tomatoes	1 tin	2 tins
caramelised onion chutney	1 tub (40g)	1 tub (100g)
brown sugar*	1 tsp	2 tsp
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag (30g)	1 bag (60g)
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
Greek yoghurt	1 packet (100g)	2 packets (200g)
mint	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3150kJ (753Cal)	289kJ (69Cal)
Protein (g)	29.5g	2.7g
Fat, total (g)	30.8g	2.8g
- saturated (g)	18.2g	1.7g
Carbohydrate (g)	79.2g	7.3g
- sugars (g)	28.8g	2.6g
Sodium (g)	1390mg	127mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Cut the **cauliflower** into small florets. Chop the **carrot** (unpeeled) and **zucchini** into small chunks. Spread the **cauliflower**, **carrot** and **zucchini** over two oven trays lined with baking paper. **Drizzle** generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **15-20 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Finish the pie

Add the **baby spinach leaves** to the frying pan and stir through until wilted, **1 minute**. Gently stir the **roasted vegetables** through the lentil pie filling. Preheat the grill to medium-high. Transfer the filling to a large baking dish and evenly spread with the mash. Sprinkle over the **shaved Parmesan cheese**. Grill until lightly golden, **8-10 minutes**.



2. Make the mash

While the veggies are roasting, peel the **potato** and cut into 2cm chunks. Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **milk**, the **salt** and **1/2 the butter** and mash with a potato masher or fork until smooth.



5. Make the mint-garlic yoghurt

While the pie is grilling, pick and finely chop the **mint** leaves. Wipe out the frying pan and return to a medium-high heat with **olive oil** (**1 tsp for 2 people / 2 tsp for 4 people**) and the **remaining garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl and add the **Greek yoghurt** and **1/2 the mint**. Stir to combine. Season to taste with **salt** and **pepper**.



3. Make the lentil filling

While the potato is cooking, finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Drain and rinse the **lentils**. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **chermoula spice blend**, **ginger** and **1/2 the garlic** and cook until fragrant, **1 minute**. Add the **diced tomatoes**, **caramelised onion chutney**, **brown sugar**, **lentils**, **remaining butter** and crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and cook until slightly thickened, **1-2 minutes**.



6. Serve up

Divide the lentil-cauliflower pie between bowls and top with the mint-garlic yoghurt. Garnish with the remaining mint.

Enjoy!