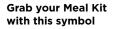


Veggie Loaded Lentil-Cauliflower Pie

with Parmesan Mash & Mint-Garlic Yoghurt









Cauliflower

Carrot











Ginger





Lentils

Chermoula Spice Blend







Diced Tomatoes

Caramelised Onion Chutney





Vegetable Stock

Baby Spinach





Shaved Parmesan Cheese

Greek Yoghurt



Pantry items Olive Oil, Butter, Milk, Brown Sugar





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.

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

3	9			
	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*	⅓ cup	½ cup		
salt*	1/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Please call us with any questions or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2020 | CW26



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.



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.



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.



6. Serve up

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

Enjoy!