



# Bacon, Mushroom and Lentil Pie with Cheesy Topping and Roasted Broccoli

Calorie Smart 45 Minutes • 2 of your 5 a day • Under 600 calories

28



Potato



Broccoli



Brown Lentils



Sliced Mushrooms



Bacon Lardons



Boscaiola Sauce



Tomato Passata



Chicken Stock  
Paste



Cheddar Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Baking Tray, Sieve, Frying Pan, Colander, Potato Masher, Grater and Ovenproof Dish.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Broccoli**	1	1	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Sliced Mushrooms**	120g	180g	240g
Bacon Lardons**	60g	90g	120g
Boscaiola Sauce 7)	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	50ml	75ml	100ml
Cheddar Cheese 7)**	45g	60g	90g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	775g	100g
Energy (kJ/kcal)	2501/598	323/77
Fat (g)	20	3
Sat. Fat (g)	8	1
Carbohydrate (g)	69	9
Sugars (g)	9	1
Protein (g)	32	4
Salt (g)	3.58	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** with ½ tsp **salt** to the boil for the **potatoes**. Chop the **potatoes** into 2cm chunks (no need to peel). Chop the **broccoli** into **florets** (like small trees). Halve any large **florets**. Pop the **broccoli florets** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. Drain and rinse the **lentils** in a sieve.



## Mash the Mash

Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**, then cover with a lid to keep warm. Grate the **cheese**.



## Start Cooking

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **mushrooms** and stir-fry until starting to brown, 3-4 mins. Add the **bacon lardons** to the **mushrooms**, stir together and cook until the **bacon** is golden, 3-4 more mins. **IMPORTANT: Wash your hands after handling raw meat. Cook lardons thoroughly.**



## Bake

Taste the **lentil mixture** and add **salt** and **pepper** if you feel it needs it. Transfer to a suitably sized ovenproof dish, spread the **mash** on top and sprinkle over the **cheese**. Pop on the top shelf of your oven and bake until golden, 15-20 mins. Roast the **broccoli** on the middle shelf of your oven until the edges are crispy and slightly charred, 10-15 mins.



## Simmer

Add the **boscaiola sauce** along with the **tomato passata**, **chicken stock paste** and **water for the sauce** (see ingredients for amount). Stir in the **lentils**, bring to the boil, then reduce the heat to medium and cook until the **sauce** has reduced and thickened, 5-7 mins. Stir occasionally.



## Finish and Serve

Serve the **bacon, mushroom and lentil pie** on plates with the roasted **broccoli** alongside.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.