

# Caribbean Lentil & Veggie Pie

with Potato Topping

Grab your Meal Kit with this symbol



Potato



Capsicum



Garlic



Carrot



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Mixed Leaves



Herbs

**Recipe Update**

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: **30-40 mins**
- Ready in: **45-55 mins**
- Naturally Gluten-Free
- Not suitable for coeliacs*
- Calorie Smart
- Plant Based

And now for something completely different, meet our game-changing plant-based pie! A coconutty, Caribbean-spiced lentil filling meets a golden potato topping for a dish that's equally wholesome and delish.

**Pantry items**

Olive Oil, Plant-Based Butter, Plant-Based Milk

## 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

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
capsicum	1	2
garlic	2 cloves	4 cloves
carrot	1	2
lentils	1 tin	2 tins
plant-based butter*	20g	40g
plant-based milk*	2 tbs	¼ cup
mild Caribbean jerk seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water*	⅓ cup	⅔ cup
coconut milk	1 medium tin	1 large tin
vegetable stock powder	½ medium sachet	1 medium sachet
mixed leaves	1 medium bag	1 large bag
herbs	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2488kJ (594Cal)	356kJ (85Cal)
Protein (g)	18.2g	2.6g
Fat, total (g)	27.7g	4g
- saturated (g)	15.2g	2.2g
Carbohydrate (g)	59.4g	8.5g
- sugars (g)	15.5g	2.2g
Sodium (mg)	1480mg	211mg

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.



## Get prepped

Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks. Cut **capsicum** into bite-sized chunks. Finely chop **garlic**. Grate the **carrot**. Drain and rinse **lentils**.

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



## Assemble the pie

Preheat grill to high. Transfer **lentil mixture** to a baking dish. Top with the **mash**. Run a fork through the mash to create an uneven surface. Drizzle with **olive oil**.

**TIP:** The oil will help the top brown under the grill!



## Make the mash

Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to pan. Add the **plant-based butter** and **plant-based milk**. Season generously with **salt**. Mash until smooth.



## Grill the pie

Grill the **pie** until lightly browned, **8-10 minutes**.



## Cook the lentil mixture

While potato is cooking, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **capsicum** and **carrot**, stirring, until softened, **4-5 minutes**. Add **garlic**, **mild Caribbean jerk seasoning** and **tomato paste** and cook until fragrant, **2 minutes**. Add drained **lentils**, the **water**, **coconut milk** and **vegetable stock powder** (see ingredients). Simmer until thickened, **2-3 minutes**. Stir through **mixed leaves** until wilted, **1 minute**. Season with **salt** and **pepper**.



## Serve up

Roughly chop **herbs**. Divide Caribbean lentil and veggie pie between plates. Sprinkle with chopped herbs to serve.

Enjoy!

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