



MASH-TOPPED SPICED LENTIL COTTAGE PIE

with Garlic Greens



Make a mash-topped pie



Potato



Red Onion



Carrot



Garlic



Lentils



Green Beans



Slivered Almonds



Souk Market Spice Blend



Vegetable Stock



Currants



Baby Spinach Leaves

Hands-on: **25 mins**
Ready in: **35 mins**

Naturally gluten-free
Not suitable for Coeliacs

With juicy currants that burst in your mouth with every bite and a delectable fragrant curry note, there's a lot more under the fluffy mashed potato surface of this pie than meets the eye...

Pantry Staples: Milk, Butter, Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, box grater, medium saucepan with a lid, vegetable peeler, garlic crusher, sieve, potato masher or fork, medium frying pan, wooden spoon, small baking dish** and **paper towel**.



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Bring a full kettle to the boil. Peel the **potato** and chop into 2 cm chunks. Finely chop the **red onion (use suggested amount)**. Grate the **carrot (unpeeled)**. Peel and crush the **garlic**. Drain and rinse the **lentils**. Trim the ends of the **green beans**.



2 MAKE THE MASHED POTATO

Add the **potato** to the saucepan of boiling water and cook for **10-15 minutes**, or until easily pierced with a knife. Drain and return to the pan. Add **2/3** of the **milk** and **1/2** of the **butter** and mash, using a potato masher or fork, until smooth. Add the **salt (use suggested amount)** and a **pinch** of **pepper**. Cover with a lid to keep warm.



3 TOAST THE SLIVERED ALMONDS

While the potato is cooking, heat a medium frying pan over a medium heat. Add the **slivered almonds** and toast, stirring, for **2-3 minutes**, or until golden. Remove from the pan and set aside. Return the pan to a medium-high heat and add a **drizzle of olive oil**. Add the **red onion** and the **carrot** and cook for **5 minutes**, or until soft. Add **1/2** of the **garlic** and the **Souk Market Spice blend** and cook, stirring, for **1 minute**, or until fragrant.



4 COOK THE LENTIL FILLING

Preheat the grill to **high**. Add the **vegetable stock cube (use suggested amount)**, **boiling water (check the ingredients list for the amount)**, **lentils**, **slivered almonds** and **currants** to the pan with the onion and carrot. Simmer for **2-3 minutes**, or until thickened slightly. Season to taste with a **pinch** of **salt** and **pepper**. Transfer the mixture to a small baking dish and spoon over the mashed potato. Place on the top rung of the oven and cook for **6-8 minutes**, or until lightly golden.



5 COOK THE GREENS

While the pie is cooking, wipe out the medium frying pan with a paper towel and heat the **remaining butter** and **garlic** over a medium heat. Cook for **1 minute**, or until fragrant. Add the **green beans** and **remaining milk** and cook for **5 minutes**, or until softened. Add the **baby spinach leaves** and stir until wilted. Season to taste with a **pinch** of **salt** and **pepper**.



6 SERVE UP

Divide the mash-topped spiced lentil cottage pie between plates and serve the garlic greens on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	600 g	1.2 kg
red onion	½	1
carrot	1	2
garlic	2 cloves	4 cloves
lentils	1 tin (400 g)	2 tins (800 g)
green beans	1 packet	1 packet
milk*	¼ cup	½ cup
butter*	40 g	80 g
salt*	¼ tsp	½ tsp
slivered almonds	1 packet	2 packets
Souk Market Spice blend	1 packet (1 tbs)	2 packets (2 tbs)
vegetable stock	1 cube	2 cubes
boiling water*	1 cup	2 cups
currants	1 packet	2 packets
baby spinach leaves	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3180kJ (759Cal)	335kJ (80Cal)
Protein (g)	25.5g	2.7g
Fat, total (g)	34.2g	3.6g
- saturated (g)	12.7g	1.3g
Carbohydrate (g)	76.5g	8.1g
- sugars (g)	20.1g	2.1g
Sodium (g)	643mg	68mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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