



SWEET POTATO TOPPED LENTIL SHEPPY PIE

with Roasted Tenderstem®



BALANCED RECIPE



HELLO FLORA ORIGINAL

Flora Original contains absolutely no preservatives, artificial colours or flavours.



Sweet Potato



Potato



Dried Thyme



Baby Plum Tomatoes



Echalion Shallot



Leek



Garlic Clove



Flat Leaf Parsley



Lentils



Tenderstem® Broccoli



Ground Cumin



Tomato Passata



Flora Original

MEAL BAG

40 mins

4.5 of your 5 a day

Little heat

Balanced

Under 550 calories

Low in fat

A shepherd's pie is comfort food at its absolute best. For this recipe, Chef Mimi has combined sweet potato with a classic spud for a shepherd's pie with a twist. Both potatoes are roasted before mashing, which works to draw out the flavour of sweet potato as the edges caramelize. For the mixture, the rich, earthy taste of lentils works perfectly with the savoury sweetness of roasted tomatoes, all of which are seasoned with garlic, cumin and thyme. Serve with tenderstem® broccoli for one seriously superior veggie dish.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Baking Trays**, a **Fine Grater** (or **Garlic Press**), **Sieve**, **Frying Pan** (with a **Lid**), **Measuring Jug**, **Potato Masher**, **Mixing Bowl**, **Ovenproof Dish** and some **Kitchen Paper**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 200°C. Chop both types of **potato** into 2cm chunks (no need to peel). Pop them on a large baking tray in a single layer, drizzle with **oil** and season with **half the thyme** and a pinch of **salt** and **pepper**. Toss to coat then roast on the top shelf of the oven until golden and tender, 20-25 mins. Halve the **tomatoes**, pop them on another baking tray. Drizzle with **oil** and season with a pinch of **salt** and **pepper**. Roast on the middle shelf of your oven for 10 mins then remove from the oven.



4 SIMMER

Stir the **mixture**, then add a pinch of **sugar** (if you have some) and bring to the boil. Reduce the heat to medium and simmer until the **mixture** has thickened, 6-8 mins. Meanwhile, once the **potatoes** are cooked, remove them from your oven and mash on their tray with a potato masher or fork until broken up. Pop into a mixing bowl.



2 DO THE PREP

Meanwhile, halve, peel and thinly slice the **shallot**. Trim the root and dark green leafy part from the **leek** (discard), halve the white part lengthways, thinly slice. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Drain and rinse the **lentils** in a sieve. Chop the **broccoli** in half widthways.



5 PIE ASSEMBLE

Add the **Flora Original** to the **potato** and mash again to combine. Add a splash of **milk** (dairy free milk if you'd rather!) and **half the parsley** and mix together again until combined. Taste the **lentil mixture** and add **salt** and **pepper** if you feel it needs it. Stir in the **roasted tomatoes** into the **lentils**, then spoon the **mixture** it into an ovenproof dish. Dollop the **potato** over the top, then spread out with a spoon to cover the **lentils**.



3 START COOKING

Heat a drizzle of **oil** in a frying pan on medium heat. Once hot, add the **leek** and **shallot** and a pinch of **salt** and **pepper**. Cook until they are soft, 5-6 mins. Stir occasionally. Stir in the **garlic**, **ground cumin** and remaining **thyme**. Cook for 1 minute, then pour in the **lentils**, **tomato passata** and **water** (see ingredients for amount).



6 BAKE AND SERVE

Use a fork to make ridges in the **potato**. Pop the **pie** on the top shelf of your oven to bake until the top is starting to crisp, 10 mins. Meanwhile, wipe out the frying pan with some kitchen paper and return to medium heat with a drizzle of **oil**. Add the **broccoli** and a splash of **water** and cover with a lid or some foil. Steam-fry until tender, 6-8 mins. Divide the pie between your plates with the **broccoli** alongside. Finish with the remaining **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato *	1	2	2
Potato *	1	1½	2
Dried Thyme	½ pot	¾ pot	1 pot
Baby Plum Tomatoes	1 punnet	1 punnet	1 punnet
Echalion Shallot *	1	1½	2
Leek *	1	1½	2
Garlic Clove *	2	3	4
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lentils *	1 carton	1½ cartons	2 cartons
Tenderstem® Broccoli *	1 small pack	1 large pack	2 small packs
Ground Cumin	1 small pot	¾ large pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Lentils*	100ml	150ml	200ml
Flora Original	10g	15g	20g

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 801G	PER 100G
Energy (kJ/kcal)	1925 / 460	240 / 57
Fat (g)	6	1
Sat. Fat (g)	1	1
Carbohydrate (g)	86	11
Sugars (g)	21	3
Protein (g)	17	2
Salt (g)	0.74	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

Flora Ingredients: Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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