



Moroccan Lentil & Cauliflower Pie

with Parmesan Mash & Herbed Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Parsnip



Potato



Brown Onion



Garlic



Ginger



Lentils



Chermoula Spice Blend



Chopped Tomatoes



Vegetable Stock



Baby Spinach Leaves



Grated Parmesan Cheese



Parsley



Yoghurt

Hands-on: **35-45 mins**
Ready in: **45-55 mins**

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 yoghurt infused with garlic and parsley, it's humble home cooking at its finest.

Pantry items

Olive Oil, Milk, Butter, Brown Sugar

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 · Oven tray lined with baking paper · Medium frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
parsnip	1	2
potato	2	4
milk*	¼ cup	½ cup
salt*	¼ tsp	½ tsp
butter*	50g	100g
brown onion	1 (medium)	1 (large)
garlic	4 cloves	8 cloves
ginger	1 knob	2 knobs
lentils	1 tin	2 tins
chermoula spice blend	1 sachet	1 sachet
chopped tomatoes	1 tin	2 tins
brown sugar*	2 tsp	4 tsp
vegetable stock	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
parsley	1 bunch	1 bunch
yoghurt	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3100kJ (740Cal)	325kJ (78Cal)
Protein (g)	27.4g	2.9g
Fat, total (g)	33.2g	3.5g
- saturated (g)	18.4g	1.9g
Carbohydrate (g)	73.6g	7.7g
- sugars (g)	32.6g	3.4g
Sodium (mg)	2330mg	244mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Cut the **cauliflower** into small florets. Cut the **carrot** and **parsnip** (both unpeeled) into 1cm chunks. Place the **cauliflower**, **carrot** and **parsnip** on an oven tray lined with baking paper. **Drizzle generously** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Bake the pie

Add the **baby spinach leaves** and roasted **veggies** to the **lentil filling** and gently stir through until the spinach is wilted. Transfer the **lentil filling** to a medium baking dish and spread evenly with the **mashed potato**. Sprinkle over the **grated Parmesan cheese**. Bake 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 boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **milk**, **salt** and **1/2 the butter** and mash with a potato masher or fork until smooth.



5. Make the herbed yoghurt

While the pie is baking, pick and finely chop the **parsley** 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)**. Add the **remaining garlic** and cook until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl, then add the **yoghurt** and **1/2 the parsley**. Stir to combine and season to taste.



3. Cook the filling

While the potato is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Drain and rinse the **lentils**. In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook until softened, **3-4 minutes**. Add the **chermoula spice blend**, **ginger** and **1/2 the garlic** and cook until fragrant, **1 minute**. Add the **chopped tomatoes**, **brown sugar**, **lentils**, **vegetable stock** and **1/2 the butter** and cook until slightly thickened, **1-2 minutes**.



6. Serve up

Divide the Moroccan lentil and cauliflower pie between bowls and top with the herbed yoghurt. Garnish with the remaining parsley.

Enjoy!