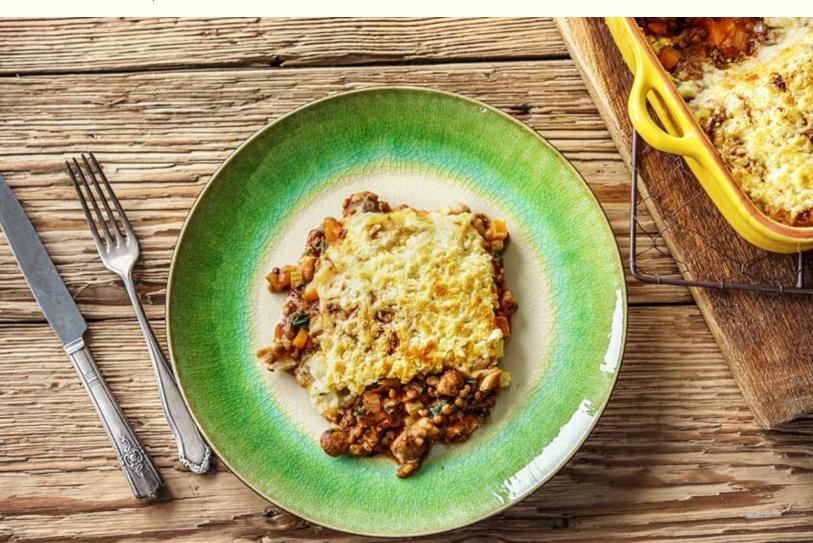


# **VEGGIE SHEPHERD'S PIE**



This tasty pie features delicious veggies, meaty mushooms and a cheesy mash topping. The combination of lentils and

mushrooms will leave you feeling full and warm ... perfect for the cold weather outside! So bust out the pots and pans,



#### **HELLO ROSEMARY**

Ancient Greeks believed that rosemary was a magical plant that could strengthen memory.







Mushrooms

Flat Leaf Parsley



Celery









Worcester Sauce







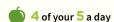
with Basil

Finely Chopped Tomatoes Vegetable Stock Pot



Hard Italian Cheese





it's time to get cooking!



# **BEFORE YOU** STAR

Our fruit and veggies need a little wash before you use them! Make sure you've got two Large Saucepans (one with a Lid), Coarse Grater, Sieve, Measuring Jug, Colander, Potato Masher and Ovenproof Dish. Now, let's get cooking!



## **BOIL THE POTATO**

Put a large saucepan of water with a pinch of **salt** on to boil for the **potato**. Chop the potato into 2cm chunks (no need to peel!). Pop them into the pan of water, bring back to the boil, lower the heat to medium and cook for 20 mins. **TIP:** The potato is cooked when you can easily slip a knife through.



## **PREP THE VEGGIES**

Meanwhile, halve, peel and chop the onion into 1/2cm pieces. Chop the celery into 1cm chunks. Quarter the **mushrooms**. Pick the rosemary leaves from their stalks and finely chop (discard the stalks). \*TIP: Check how many rosemary sprigs you need in the ingredient list.



Heat a drizzle of **oil** in another saucepan on medium heat. When hot, add the **onion**, celery and mushrooms. Season with a pinch of salt and pepper. Cook with the lid on, stirring occasionally until soft, 5-7 mins. Whilst the veggies cook, roughly chop the parsley (stalks and all). Drain the lentils in a sieve, rinse under cold water and keep to one side.



# Sat. Fat (g) Carbohydrate (g) Sugars (g) Protein (g) Salt (g) **ALLERGENS**

7) Milk 10) Celery 14) Sulphites



# SIMMER THE FILLING

Stir the **ground coriander**, **rosemary**, half the Worcester sauce and the easy garlic into the veggies and cook for 1 minute more. Pour in the finely chopped tomatoes with basil and the water (see ingredients for amount). Add the **stock pot** and stir well to make sure it's dissolved. Lower the heat until the **mixture** is simmering and cook until the sauce has reduced by half, 15 mins.



#### **MASH THE TOPPING**

When the **potato** is ready, drain in a colander and return to the pan off the heat. Mash with a potato masher or fork, then season with **salt** and **pepper** to taste. Keep to one side. Preheat your grill to its highest setting.



## **FINISH AND ENJOY!**

Add the **lentils** to the **veggie filling** and heat through. Stir in the parsley and add more salt and pepper if needed. Spoon the mixture into an ovenproof dish and top with the mash. Smooth the mash over with a spoon, then sprinkle on the **cheese** and remaining **Worcester sauce**. Pop under your grill for 3 mins. You want the cheese to be golden and bubbling. Serve!

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

**INGREDIENTS** 

Finely Chopped Tomatoes with Basil 1 carton

1 pack

2 sprigs

1 tin

1½ tsp 1 tbsp

½ sachet

110ml

1/2

**PER SERVING** 

752G

449

1879

3

77

19

20

3.77

40g

**PER** 

100G

60

250

0

10

3

3

0.50

1 small punnet

1 small bunch

1 1 stick

Red Potato, chopped

Celery, chopped 10) Mushrooms, quartered

Rosemary, chopped

Ground Coriander

Worcester Sauce

Easy Garlic

\*Not Included

Energy (kcal)

Fat (g)

**NUTRITION PER** 

(kJ)

Water\*

Lentils

Flat Leaf Parsley, chopped

Vegetable Stock Pot 10) 14)

UNCOOKED INGREDIENT

Hard Italian Cheese, grated 7)

Onion, chopped

#### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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