



LENTIL SHEPHERD'S PIE

with Cheesy Kumara Topping



Make a veggie shepherd's pie



Kumara



Brown Onion



Carrot



Garlic



Rosemary



Cheddar Cheese



Lentils



Tomato Paste



Chopped Tomatoes



Vegetable Stock



Baby Spinach Leaves

Hands-on: 30 mins
Ready in: 40 mins

A vegetarian dinner that's comfort food at its best? Sign us up! This herby, tomato lentil base gets a golden kumara topping and piles of melted, oozy cheese for a cosy winter bake that will warm you up from the inside out.

Pantry Staples: Olive Oil, Butter, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large saucepan** • **large frying pan** • **medium baking dish**



1 MAKE THE KUMARA MASH

Bring a large saucepan of salted water to the boil. Peel the **kumara** and cut into 2cm chunks. Add the kumara to the boiling water and cook until tender, **10-15 minutes**. Drain and return to the saucepan. Add **butter (50g for 2 people / 100g for 4 people)** and the **salt** and mash with a potato masher or fork until smooth. Set aside.



2 PREP THE VEGGIES

While the kumara is cooking, finely chop the **brown onion**. Finely chop the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **rosemary** leaves. Grate the **Cheddar cheese**. Drain and rinse the **lentils**.



3 START THE FILLING

Preheat the grill to medium-high. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook until softened, **5-6 minutes**. Add the **garlic, rosemary** and **tomato paste (see ingredients list)** and cook, stirring, until fragrant and the tomato paste has darkened, **2-3 minutes**.



4 FINISH THE FILLING

Add the **lentils, chopped tomatoes, brown sugar, the water, crumbled vegetable stock (1 cube for 2 people / 2 cubes for 4 people)** and the **remaining butter** to the frying pan. Simmer until reduced slightly, **5-7 minutes**. Stir in the **baby spinach leaves** until wilted. **TIP:** Add a dash of water if the mixture looks dry!



5 BAKE THE PIE

Transfer the filling to a medium baking dish. Top with the **kumara mash** and sprinkle with the **grated Cheddar cheese**. Grill until the cheese is melted, **8-10 minutes**.



6 SERVE UP

Divide the lenticil shepherd's pie between bowls.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	3	6
butter*	60 g	120 g
salt*	¼ tsp	½ tsp
brown onion	1	2
carrot	1	2
garlic	3 cloves	6 cloves
rosemary	1 bunch	1 bunch
Cheddar cheese	1 block (100 g)	2 blocks (200 g)
lentils	1 tin	2 tins
tomato paste	¾ tin	1½ tins
chopped tomatoes	1 tin	2 tins
brown sugar*	½ tsp	1 tsp
water*	2½ tbs	½ cup
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag (120 g)	1 bag (240 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3820kJ (913Cal)	438kJ (105Cal)
Protein (g)	29.9g	3.4g
Fat, total (g)	54.3g	6.2g
- saturated (g)	29.0g	3.3g
Carbohydrate (g)	68.3g	7.8g
- sugars (g)	35.1g	4.0g
Sodium (g)	2120mg	243mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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