






More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on   
You'll be entered into our weekly photo contest!

Lentil and Vegetable Hotpot with a Cheese & Potato Topping

Lovely lentils and some tasty cheddar cheese provide a great twist on this British classic. It's a dish that is part-hotpot, part-casserole and part-bake with a nutritious blend of vegetables and brown lentils (perfect for helping with your 'five-a-day'), a delicious sauce and some hearty potatoes! We topped it all off with some cheddar cheese that really goes down a treat.



45 mins



veggie



Garlic Clove



Onion



Carrot



Red Pepper



Chestnut
Mushrooms



Organic
Lentils



Flat Leaf
Parsley



Potato



Provençal
Herbs



Vegetable
Stock Pot



Tomato Purée



Soy Sauce



English Mustard



Baby Spinach




Netherend
Butter



Cheddar Cheese

Ingredients

	2P	4P
Garlic Clove, chopped	1	2
Onion, chopped	1	2
Carrot, chopped	1	2
Red Pepper, chopped	½	1
Chestnut Mushrooms, chopped	½ punnet	1 punnet
Organic Lentils	1 tin	2 tins
Flat Leaf Parsley, chopped	2 tbsp	4 tbsp
Potato, sliced	1 pack	2 packs
Provençal Herbs	½ tbsp	1 tbsp
Vegetable Stock Pot 1	½	1
Tomato Purée	1 tbsp	2 tbsp
Soy Sauce 2, 3	1 tbsp	2 tbsp
English Mustard 4	2 tsp	4 tsp
Baby Spinach	2 handfuls	4 handfuls
Netherend Butter 5	1½ tbsp	3 tbsp
Cheddar Cheese 5	4 tbsp	8 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1) Celery | 2) Gluten
- 3) Soya | 4) Mustard
- 5) Milk

Nutrition per serving: Calories: 780 kcal | Protein: 30 g | Carbs: 105 g | Fat: 20 g | Saturated Fat: 6 g



1 Pre-heat the oven to 220 degrees. Peel and chop the garlic and onion. Peel and chop the carrot into ½cm cubes. Remove the core from the pepper and chop into 1cm cubes. Roughly chop the mushrooms. Drain and rinse the lentils. Roughly chop the parsley. Cut the potatoes into slices ½cm thick (if you can!). **Tip:** No need to peel!



2 Heat 1 tbsp of oil in a saucepan over a medium heat. Add the garlic and onion and gently fry for 3 mins until slightly softened. Add the carrot, pepper and mushrooms along with ¼ tsp of salt and a good grind of pepper and gently fry for 4 mins or until softened.



3 After 4 mins, drain and add the lentils and your Provençal herbs into the pan with the mushroom mixture and stir together. Pour in 350ml of water along with half your stock pot. Add the tomato purée, soy sauce, mustard, spinach, half your parsley and a pinch of salt and pepper. Stir together. Cover with a lid and allow it to simmer for 1

minute. **Tip:** It might look like a lot of spinach initially but it will wilt down!



4 Transfer the mixture from the saucepan into a large ovenproof dish. Layer the potato slices over the top, trying not to overlap them too much so they all cook at the same rate. Dot the potatoes with the butter. Season it with a few grinds of pepper. Place it onto the top shelf of the oven for 20 mins. **Tip:** The potato will slightly submerge into the sauce as it cooks, this is perfectly fine!

5 While the hotpot is in the oven, grate the cheese. Remove the hotpot (once the 20 mins are up) and turn the grill on to high. Scatter the cheese over the potatoes and place the hotpot under the grill for a further 5 mins or until the cheese has melted and the potatoes have finished cooking.

6 Serve as much as you can handle in a large bowl and garnish with the remaining parsley. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!