



Cauliflower, Mushroom and Harissa Lentil Pie with Cheesy Mash Top

23

Calorie Smart 35-40 Minutes • Mild Spice • 5 of your 5 a day • Veggie • Under 650 Calories



Potatoes



Cauliflower Florets



Chermoula Spice Mix



Closed Cup Mushrooms



Garlic Clove



Lentils



Mature Cheddar Cheese



Harissa Paste



Finely Chopped Tomatoes



Vegetable Stock Paste

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Saucepan, baking tray, frying pan, garlic press, sieve, grater, colander, potato masher, ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cauliflower Florets**	300g	450g	600g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Closed Cup Mushrooms**	150g	225g	300g
Garlic Clove**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	40g	60g	90g
Harissa Paste 14)	50g	75g	100g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	850g	100g
Energy (kJ/kcal)	2547 / 609	300 / 72
Fat (g)	18.6	2.2
Sat. Fat (g)	5.8	0.7
Carbohydrate (g)	85.5	10.1
Sugars (g)	19.8	2.3
Protein (g)	25.0	2.9
Salt (g)	4.85	0.57

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass

Contact

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Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with **½ tsp salt**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

Add the **potatoes** to the pan of **boiling water** and cook until you can easily slip a knife through, 15-20 mins.



Add the Lentils and Spice

Once the **mushrooms** are browned, add the **garlic** and **harissa paste** (add less if you'd prefer things milder). Stir together and cook for 1 min.

Stir in the **chopped tomatoes**, **lentils**, **veg stock paste**, **water for the sauce** and **sugar** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer until thickened, 8-10 mins. Add a splash of **water** if it's a little too thick.



Roast the Cauliflower

Meanwhile, halve any large **cauliflower florets** and pop them onto a large baking tray.

Drizzle with **oil**, sprinkle over the **chermoula spice mix**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.



Mash Time

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**.

Once roasted, remove the **cauliflower** from the oven.

Stir the **cauliflower** through the **mushroom** and **lentil mixture**, season with **salt** and **pepper**, then transfer it to an appropriately-sized ovenproof dish.



Fry the Mushrooms

While the **cauliflower** roasts, thinly slice the **mushrooms**. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **mushrooms** and season with **salt** and **pepper**. Cook until browned, 5-6 mins.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve. Grate the **Cheddar**.



Bake and Serve

Top your **pie filling** with an even layer of **mash** and sprinkle over the **cheese**. Bake until golden and bubbling, 6-8 mins.

Serve your **harissa lentil pie** in bowls.

Enjoy!