



Lentil and Mushroom Cottage Pie with Cheesy Mash Top and Peas

Knorr 35-40 Minutes • 5 of your 5 a day • Veggie

4



Carrot



Sliced Mushrooms



Potatoes



Garlic Clove



Lentils



Mature Cheddar Cheese



Tomato Passata



Mushroom Broth Paste



KNORR Vegetable Stock



Dried Rosemary



Peas



Give it more with Knorr!
Melt Knorr Stock Pots into your cooking and effortlessly give your meals full-on flavour to please every crowd.

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Carrot**	1	2	2
Sliced Mushrooms**	120g	180g	240g
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	40g	60g	80g
Tomato Passata	1 carton	1½ cartons	2 cartons
Mushroom Broth Paste	15g	22g	30g
KNORR Vegetable Stock 10)	½ pot	½ pot	1 pot
Dried Rosemary	1 sachet	2 sachets	2 sachets
Peas**	120g	240g	240g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	699g 2587 /618	100g 370 /88
Fat (g)	21.6	3.1
Sat. Fat (g)	12.7	1.8
Carbohydrate (g)	83.2	11.9
Sugars (g)	17.1	2.4
Protein (g)	23.6	3.4
Salt (g)	3.49	0.50

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

Allergens

7) Milk 10) Celery

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. Be careful when adding water to hot pans while cooking.
SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Prepped

Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil for the **potatoes**.

Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.

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

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



Time to Mash

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

Add **half** the **butter** (see pantry for amount) and a splash of **milk** (if you have any) and mash until smooth. Season with **salt**.

Preheat your grill to high.

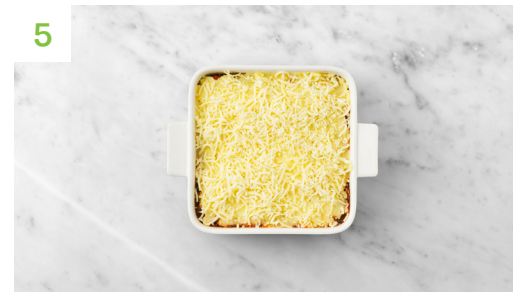


Start the Pie Filling

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **chopped carrot** and stir-fry for 3-4 mins.

Add the **mushrooms** to the pan and season with **salt** and **pepper**. Fry, stirring occasionally, until the **veg** has softened, 5-6 mins.

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



Assemble and Grill

Once the **pie filling** has thickened, taste and season with **salt** and **pepper** if needed. Transfer to an appropriately sized ovenproof dish.

Top with an even layer of **mash** and sprinkle over the **cheese**.

Grill until the **cheese** is bubbling and golden, 5-6 mins.

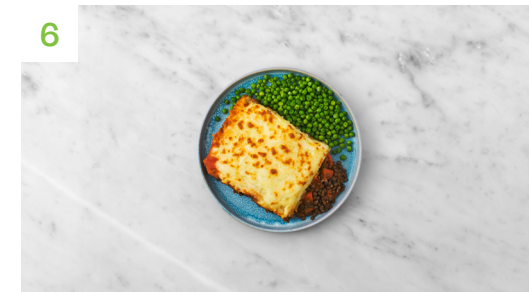


Bring on the Sauce

Once the **veg** has softened, add the **garlic** and cook for 1 min.

Add the **passata**, **mushroom broth paste**, **Knorr vegetable stock**, **dried rosemary**, **sugar** and **water for sauce** (see pantry for both amounts) to the pan.

Bring to the boil, then stir through the **lentils**. Lower the heat and simmer until thickened, 4-5 mins.



Finish and Serve

Meanwhile, clean the (now empty) frying pan and pop back on medium heat with the remaining **butter**.

Once melted, add the **peas** and stir until piping hot, 2-3 mins, then remove from the heat.

When the **pie** is ready, serve on plates with the **buttery peas** alongside.

Enjoy!