



# Curried Puff Pie

with Roasted Sweet Potato, Onion and Lentils

Classic 45-50 Minutes • Mild Spice • 5 of your 5 a day • Veggie

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-  Sweet Potato
-  Onion
-  Puff Pastry Sheet
-  Lentils
-  Garlic Clove
-  Korma Curry Paste
-  Curry Powder Mix
-  Creme Fraiche
-  Vegetable Stock Paste
-  Mango Chutney
-  Diced Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper, Butter

**CUSTOM RECIPE**

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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

Baking tray, sieve, garlic press, frying pan and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Onion**	1	1½	2
Puff Pastry Sheet** <b>13</b>	¾ pack	1 pack	1½ packs
Lentils	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Korma Curry Paste <b>9</b>	50g	75g	100g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Crema Fraiche** <b>7</b>	150g	225g	300g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Mango Chutney	40g	60g	80g
Diced Chicken Breast**	240g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>778g</b>	<b>100g</b>	<b>908g</b>	<b>100g</b>
Energy (kJ/kcal)	5396 /1290	694 /166	6043 /1444	666 /159
Fat (g)	68.1	8.8	70.4	7.8
Sat. Fat (g)	36.8	4.7	37.5	4.1
Carbohydrate (g)	143.0	18.4	143.2	15.8
Sugars (g)	42.5	5.5	42.6	4.7
Protein (g)	26.0	3.3	57.5	6.3
Salt (g)	5.57	0.72	5.77	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **9)** Mustard **10)** Celery **13)** Cereals containing gluten

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.

## Contact

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## Roast the Veg

Preheat your oven to 240°C/220°C fan/gas mark 9.

Peel the **sweet potatoes** and chop into 2cm chunks. Halve and peel the **onion**, then cut each **half** into 3 wedges.

Put the **sweet potato chunks** and **onion wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through.



## Make your Pie

When the **veg** have roasted, stir them into the frying pan.

Stir in the **mango chutney** and **butter** (see pantry for amount). Taste and season with **salt** and **pepper** if needed.

Once the **pie filling** is cooked, transfer it to an appropriately sized ovenproof dish.

Cover with the **pastry** (see ingredients for amount), pressing it over the sides of the **dish** or just sitting it on top, then trimming off any excess.



## Finish the Prep

Meanwhile, remove the **puff pastry** from your fridge and allow to come up to room temperature.

Drain and rinse the **lentils** in a sieve.

Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.



## Decorate and Bake

Using the excess **pastry**, cut out as many decorative shapes as you want.

Pop your **pastry creations** on the **pie** and make a small hole in the middle to allow steam to escape. **TIP:** Brush the pastry with a little milk if you have some.

Bake your **pie** on the top shelf of your oven until golden brown, 15-20 mins.



## Simmer the Sauce

Once the **oil** is hot, add the **garlic**, **korma curry paste** and **curry powder mix**. Stir fry for 1 min. Season with **salt** and **pepper**.

Stir in the **creme fraiche**, **vegetable stock paste**, **lentils** and **water for the sauce** (see pantry for amount). Bring to a boil, then reduce the heat slightly. Simmer until thickened, 5-7 mins.

## CUSTOM RECIPE

If you're adding **chicken**, add it to the pan before the **garlic**. Fry, 2-3 mins, then add the **garlic** and **spices** and continue as instructed. The **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



## Stand and Serve

Once your **pie** is out of the oven, allow it to stand for 2 mins.

When ready, share your **curried pie** between your plates.

## Enjoy!