



# Cauliflower, Mushroom and Harissa Lentil Pie with Cheesy Chive Mash Top

Calorie Smart 40-45 Minutes • Mild Spice • 3 of your 5 a day • Under 650 Calories



Potatoes



Closed Cup Mushrooms



Chives



Garlic Clove



Brown Lentils



Mature Cheddar Cheese



Cauliflower Florets



Ground Cumin



Harissa Paste



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste

**Pantry Items**  
Oil, Salt, Pepper

## 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, garlic press, sieve, baking tray, frying pan, colander, potato masher and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Closed Cup Mushrooms**	150g	225g	300g
Chives**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Brown Lentils	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** (7)	45g	60g	90g
Cauliflower Florets**	300g	450g	600g
Ground Cumin	1 sachet	1 sachet	2 sachets
Harissa Paste	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste (10)	10g	15g	20g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	827g 2536/606	100g 307/73
Fat (g)	19.5	2.4
Sat. Fat (g)	6.3	0.8
Carbohydrate (g)	80.1	9.7
Sugars (g)	18.6	2.3
Protein (g)	24.6	3
Salt (g)	4.19	0.51

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

**PersonalPoints™ values based on low-cal cooking spray oil.**

## 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, 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.

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## Get Prepped

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** for the **potatoes**.

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

Roughly chop the **chives** (use scissors if easier). Peel and grate the **garlic** (or use a garlic press).

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



## Finish your Pie Filling

Pour the **chopped tomatoes, lentils, veg stock paste** and **water for the sauce** (see ingredients for amount) into the **mushrooms**, stirring to combine.

Bring to the boil, then lower the heat to medium and simmer until thickened, 8-10 mins.

Once the **cauliflower** has roasted, stir it through the **sauce**, then remove from the heat. Add a splash of **water** if it's a little thick.

Scan to get your exact PersonalPoints™ value



## Roast the Cauliflower

Halve any large **cauliflower florets** and pop them onto a large baking tray. Drizzle with **oil**, sprinkle over the **ground cumin** and 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 the Potatoes

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

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**, then stir through **half** the **chives**.



## Boil the Potatoes

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

Meanwhile, 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.

Add the **garlic** and **harissa paste** (add less if you'd prefer things milder) and cook for 1 min more.



## Bake and Serve

Taste and season your **pie filling** if needed, then transfer it to an appropriately-sized ovenproof dish. Top with an even layer of **mash** and sprinkle over the **cheese**.

Bake on the top shelf of your oven until golden and bubbling, 10-15 mins.

Allow to stand for 2 mins before serving and sprinkle over the remaining **chives** to finish.

Enjoy!