



CURRIED VEGETABLE PIE

with Roasted Broccoli



HELLO PUFF PASTRY

The secret behind puff pastry is laminating. Fat is sandwiched between layers and folded multiple times (it even has a formula) to produce light and airy pastry. It can be time consuming to make so we have saved you the job!



Diced Butternut Squash



Carrot



Broccoli



Mild Curry Powder



Red Split Lentils



Finely Chopped Tomatoes with Onions and Garlic



Vegetable Stock Powder



Puff Pastry

MEAL BAG

45 mins

1.5 of your 5 a day

Little heat

Veggie

Chef Jesse has combined two of our favourite things - pies and curries - to create a delicious recipe perfect for any night of the week. Seasoned with our specially blended curry powder, the filling of our pie is a delicious mix of red lentils, chopped tomatoes, carrot and roasted butternut squash. Topped with buttery puff pastry and served with roasted broccoli, you can't go wrong with this winning dish.

5

BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you've got a **Baking Tray**, **Large Saucepan**, **Measuring Jug** and **Ovenproof dish**. Now, let's get cooking!



1 PREP TIME

Preheat the oven to 200°C. Place the **butternut squash** on a baking tray with a drizzle of **oil** and a pinch of **salt** and **pepper**. Toss to combine, then roast on the top shelf of the oven until golden and softened, 20-25 mins. Meanwhile, trim the **carrot**, halve lengthways then thinly slice. Chop the **broccoli** into florets (like small trees!).



4 GET BAKING

Transfer the pie to the top shelf of the oven. Bake until the **pastry** is golden and well risen, 20-25 mins.



2 GET COOKING

Heat a drizzle of **oil** in a large saucepan on medium high heat. Once hot, add the **carrot**, cook for 5 mins, stirring often. Add the **curry powder** and cook for 2 mins, then add the **red lentils**, **chopped tomatoes**, **veg stock powder** and **water** (see ingredients for amount). Bring to the boil then reduce the heat. Simmer until the **carrots** are soft enough to eat, the **stock** has been absorbed by the **lentils** and the **lentils** are tender, about 20 mins. Stir frequently.



5 ROAST THE BROCCOLI

Place the **broccoli** on the baking tray you used for the **butternut squash** and drizzle with **olive oil** and a pinch of **salt** and **pepper**. Toss to coat, then place on the middle shelf of your oven. Cook until tender, 15 mins.



3 MAKE THE PIE

Once the **lentils** are ready, mix in the cooked **butternut squash** and stir to combine. Transfer the **lentil mixture** to an ovenproof baking dish (we use a 20cm x 20cm dish for 2 people). Unroll the **puff pastry** and place on top of the **lentil mixture** to cover and turn into a pie. Using a fork, press the **pastry** over the edge of the dish to help seal. Trim away any excess **pastry**.



6 SERVE

Remove the **pie** and **roasted broccoli** from the oven, serve. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Butternut Squash *	1 small pack	1 large pack	2 small packs
Carrot *	1	2	2
Broccoli *	1	1½	2
Mild Curry Powder	1 pot	¾ pot	1 pot
Red Split Lentils	100g	150g	200g
Finely Chopped Tomatoes with Onions and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Water for the Stock*	250ml	375ml	500ml
Puff Pastry 13) *	1 roll	1½ rolls	2 rolls

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 782G	PER 100G
Energy (kJ/kcal)	4180/999	534/128
Fat (g)	41	5
Sat. Fat (g)	19	2
Carbohydrate (g)	123	16
Sugars (g)	27	4
Protein (g)	32	4
Salt (g)	3.53	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

10) Celery 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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