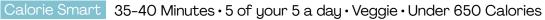


Lentil and Mushroom Cottage Pie

with Cheesy Mash Top and Peas













Sliced Mushrooms





Potatoes





Lentils



Garlic Clove







Mushroom Broth

Tomato Passata



Red Wine



Stock Paste



Mature Cheddar Cheese

Pantry Items Oil, Salt, Pepper, 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	
Dried Rosemary	1 sachet	2 sachets	2 sachets	
Tomato Passata	1 carton	1½ cartons	2 cartons	
Mushroom Broth Paste	15g	23g	30g	
Red Wine Stock Paste 14)	28g	42g	56g	
Mature Cheddar Cheese** 7)	40g	60g	80g	
Peas**	120g	240g	240g	
Pantry	2P	3P	4P	
Sugar for the Sauce*	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	Per serving	Per 100g
for uncooked ingredient	688g	100g
Energy (kJ/kcal)	2628 /628	382 /91
Fat (g)	21.8	3.2
Sat. Fat (g)	12.7	1.8
Carbohydrate (g)	85.3	12.4
Sugars (g)	20.5	3.0
Protein (g)	24.1	3.5
Salt (g)	5.47	0.79

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk 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, 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.

Contact

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Get Prepped

Bring a large saucepan of water with 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.



Start the Pie Filling

Meanwhile, heat a drizzle of oil in a large frying pan on high heat. Once hot, add the 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 is 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.

Once the veg has softened, add the garlic and dried rosemary. Cook for 1 min.



Bring on the Sauce

Stir the passata, mushroom broth paste, red wine stock paste, sugar and water for the sauce (see pantry for both amounts) into the pan.

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

Meanwhile, grate the **Cheddar**. Preheat your grill to high.



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 and pepper.



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 Cheddar,

Grill until the **cheese** is bubbling and golden, 5-6 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. Season with salt and pepper, then remove from the heat.

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

Enjoy!



