



# Lentil and Mushroom Cottage Pie

with Cheesy Mash Top and Peas

Calorie Smart 35-40 Minutes • 5 of your 5 a day • Veggie • Under 650 Calories

23



Carrot



Sliced Mushrooms



Potatoes



Garlic Clove



Lentils



Dried Rosemary



Tomato Passata



Mushroom Broth Paste



Red Wine Stock Paste



Mature Cheddar Cheese



Peas

**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 <b>14)</b>	28g	42g	56g
Mature Cheddar Cheese** <b>7)</b>	40g	60g	80g
Peas**	120g	240g	240g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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
<b>for uncooked ingredient</b>	<b>688g</b>	<b>100g</b>
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 **½ 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** and **pepper**.



## 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.



## 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.



## 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.



## 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!

