



# LENTIL & VEGETABLE HOTPOT

with Cheesy Potato Topping



## HELLO MUSTARD

*Keen's Mustard was a popular brand of this condiment in the 18th century, hence the phrase 'keen as mustard'!*



Onion



Carrot



Red Pepper



Chestnut Mushrooms



Lentils



Flat Leaf Parsley



Potato



Provençal Herbs



Vegetable Stock Powder



Tomato Purée



Wholegrain Mustard



Baby Spinach



Cheddar Cheese

MEAL BAG

45 mins

4.5 of your 5 a day

Veggie

It's often assumed that 'hot pot' refers to the earthenware pot that is traditionally used to cook casseroles in British cuisine, but it is actually more likely to be connected with what lies within, which would have been a 'hodgepodge' or jumble of ingredients. A true veggie warmer with a kick of wholegrain mustard to provide the all important heat to put fire in your belly!



# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Sieve, Large Frying Pan, Measuring Jug, Ovenproof Dish** and **Coarse Grater**. Now, let's get cooking!



## 1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve, peel and chop the **onion** into small pieces. Trim the **carrot** (no need to peel), quarter lengthways, then chop widthways into small pieces. Halve the **pepper** and discard the core and seeds. Chop into small pieces. Roughly chop the **mushrooms**. Drain and rinse the **lentils** in a sieve. Roughly chop the **parsley** (stalks and all). Cut the **potato** (no need to peel) into ½cm thick slices.



## 4 BAKE THE HOTPOT

Transfer the **lentil mixture** from the pan into an ovenproof dish. Layer the **potato slices** over the top. **★ TIP:** Don't overlap the slices too much otherwise they won't all cook at the same rate. Drizzle with **oil** and season with a few grinds of **pepper**. Bake the **hotpot** on the top shelf of your oven until the **potato** is cooked, 20-25 mins. **★ TIP:** The potato is cooked when you can easily slip a knife through the middle!



## 2 COOK THE VEGGIES

Heat a splash of **oil** in a large frying pan over medium heat. Add the **onion** and **carrot** and cook, stirring, until slightly soft, 4-5 mins. Add the **pepper** and **mushrooms**, along with a pinch of **salt** and **pepper**. Cook, stirring, until soft, 5 mins.



## 5 MAKE IT CHEESY!

While the hotpot is in your oven, grate the **cheddar cheese**. Once the **potato** has cooked, remove the **hotpot** from the oven and turn your grill to high. Scatter the **cheese** over the **hotpot** and grill until melted and golden, about 5 mins.



## 3 ADD THE LENTILS

Next, add the **lentils**, **Provençal herbs** and **tomato purée** to the pan and stir well. Pour in the **water** (see ingredients for amount) along with the **stock powder**. Add the **mustard** (see ingredients for amount - add less if you don't like heat!), **spinach** and **half the parsley**. Stir together, then simmer for 3-4 mins. **★ TIP:** It might look like a lot of spinach initially but it will wilt down!



## 6 SERVE

Serve the **hotpot** in bowls and finish with a sprinkling of the remaining **parsley**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Onion *	1	1	2
Carrot *	1	2	2
Red Pepper *	1	1	2
Chestnut Mushrooms *	½ punnet	1 punnet	1 punnet
Lentils	1 carton	1½ cartons	2 cartons
Flat Leaf Parsley *	½ bunch	1 bunch	1 bunch
Potato *	1 small pack	1 large pack	2 small packs
Provençal Herbs	1 sachet	1½ sachets	2 sachets
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Tomato Purée *	½ sachet	¾ sachet	1 sachet
Wholegrain Mustard 9)	½ pot	¾ pot	1 pot
Baby Spinach *	1 small bag	1 small bag	1 large bag
Cheddar Cheese 7) *	1 block	2 blocks	2 blocks
Water*	100ml	150ml	200ml

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 683G	PER 100G
Energy (kJ/kcal)	1734 / 415	254 / 61
Fat (g)	7	1
Sat. Fat (g)	4	1
Carbohydrate (g)	70	10
Sugars (g)	16	2
Protein (g)	18	3
Salt (g)	1.55	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 9) Mustard 10) Celery

**🧼 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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