



# Roasted Cauliflower and Harissa Lentil Pie with Cheesy Chive Mash Top

21

Classic 40 Minutes • Mild Spice • 2 of your 5 a day • Veggie



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  
Powder

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Garlic Press, Sieve, Grater, Baking Tray, Frying Pan, Measuring Jug, Colander, Potato Masher and Ovenproof Dish.

## 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
Water for the Sauce*	50ml	75ml	100ml
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder (10)	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	827g	100g
Energy (kJ/kcal)	2542/608	308/74
Fat (g)	19	2
Sat. Fat (g)	6	1
Carbohydrate (g)	81	10
Sugars (g)	19	2
Protein (g)	25	3
Salt (g)	3.93	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk (10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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## Get Prepped

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ **tsp salt**. Chop the **potatoes** into 2cm chunks (peel first if you prefer). Thinly slice the **mushrooms**. Roughly chop the **chives**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve. Grate the **Cheddar cheese**.



## Cook the Filling

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 don't like heat) and cook for 1 min. Pour in the **water for the sauce** (see ingredients for amount), **chopped tomatoes**, **lentils** and **veg stock powder**. Stir to combine then bring to the boil. Reduce the heat to medium and simmer until thickened, 8-10 mins. Once the **cauliflower** is cooked, stir it through the **sauce** then remove from the heat. **TIP:** Add a splash more **water** if it's a little thick.



## Roast the Cauliflower

Halve any large **cauliflower florets**, then 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 the oven temperature to 220°C. 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 in **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.



## Bake and Serve

Taste your **filling** and season if needed, then transfer to an appropriately-sized ovenproof dish (we used 20x20cm for 2 people). 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. Serve with the remaining **chives** sprinkled over.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.