

## **VEGGIE SHEPHERD'S PIE**

with Broccoli





#### **HELLO CARROT**

Carrots have been cultivated to be orange. Originally they were white, yellow and even purple!



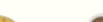


**Echalion Shallot** 





Chestnut Mushrooms



White Potato





Tomato Purée



**Dried Thyme** 

**Diced Tomatoes** 



Vegetable Stock Pot



**Red Split Lentils** 





Worcester Sauce Cannellini Beans



Broccoli



Cheddar Cheese







Veggie

Winter warmers don't get better than this. Our simple, hearty, meat-free shepherd's pie is packed with your five a day and bursting with flavour. Topped with fluffy mash and grilled with cheddar cheese until golden and bubbling, this comforting recipe is perfect for a weeknight dinner or an easy thing to knock together for a weekend crowd-pleaser.

# START

Our fruit and veggies need a little wash before you use them! Make sure you've got two Large Saucepans (one with a Lid), a Fine Grater (or Garlic Press), Frying Pan, Colander, Potato Masher, Measuring Jug, Coarse Grater and Ovenproof Dish. Now, let's get cooking!



## **1** DO THE PREP

Put a large saucepan of water with a pinch of salt on to boil for the potato. Remove the ends from the carrot and chop into small pieces (1cm ideally). Halve, peel and thinly sliced the shallot. Peel and grate the garlic (or use a garlic press). Roughly chop the mushrooms. Chop the potato (no need to peel!) into roughly 3cm chunks.



## COOK THE VEGGIES

Heat a drizzle of oil in a frying pan on medium heat. Once hot add the carrot, shallot, mushrooms and dried thyme.

Season with a pinch of salt and pepper. Cook for around 8 mins or until the ingredients are nice and soft. Next add the garlic and tomato puree and cook for 1 minute more.



#### **BOIL THE POTATO**

Add the **potato** to the boiling **water** and cook for 15-20 mins. \*TIP: The potato is cooked when you can easily slip a knife through. Once cooked, drain and pop back into your pan. Add a knob of **butter** and a splash of **milk** (if you have some), and a pinch of **salt** and **pepper**. Mash until smooth, then cover with a lid. Leave to the side for later.



### SIMMER

When the veggies are soft add the **diced tomatoes**, **stock pot** and **water** (amount specified in the ingredient list). Tip in the **lentils** and **Worcester sauce**. Drain and rinse the **cannellini beans** in the colander and add them in too. Bring to a simmer and cook until the **lentils** are soft and the liquid has reduced, 20-25 mins. Add a splash more **water** if it has all evaporated and the **lentils** aren't quite cooked.



#### GRILL!

While the **veggie bean mixture** is simmering, put another large saucepan of **water** on to boil, cut the **broccoli** into florets (mini trees) and grate the **cheese**. Preheat your grill to high. When the **veggie bean mixture** is thick, pour it into an ovenproof dish. Lay the **mashed potato** on top and scatter over the **cheese**. Grill the **pie** until golden on top, about 5 mins.



#### FINISH AND SERVE

Meanwhile, add the **broccoli** to the other saucepan of boiling **water** with a pinch of **salt** and cook for 4-5 mins, then drain. Serve the **veggie shepherd's pie** with a side of **broccoli**. **Enjoy!** 

## INGREDIENTS

Carrot, chopped	1
Echalion Shallot, sliced	1
Garlic Clove, grated	1
Chestnut Mushrooms, chopped	1 punnet
White Potato, chopped	1
Dried Thyme	½ tbsp
Tomato Purée	15g
Diced Tomatoes	1 tin
Vegetable Stock Pot 10) 14)	1
Water*	100ml
Red Split Lentils	50g
Worcester Sauce	1 tbsp
Cannellini Beans	½ tin
Broccoli, florets	1
Cheddar Cheese, grated 7)	60g

\*Not Included

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UTRITION NCOOKED INGREDIENT	PER SERVING 932G	PER 100G 100G
Energy (kcal)	597	64
(kJ)	2511	269
at (g)	13	1
Sat. Fat (g)	7	1
Carbohydrate (g)	89	10
Sugars (g)	24	3
Protein (g)	34	4
Salt (g)	5.70	0.61
LLEDGENG		

#### **ALLERGENS**

7) Milk 10) Celery 14) Sulphites

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

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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