



VEGGIE SHEPHERD'S PIE

with Broccoli



HELLO CARROT

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



Carrot



Echalion Shallot



Garlic Clove



Chestnut Mushrooms



White Potato



Dried Thyme



Tomato Purée



Diced Tomatoes



Vegetable Stock Pot



Red Split Lentils



Worcester Sauce



Cannellini Beans



Broccoli



Cheddar Cheese

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.

45 mins

5 of your 5 a day

Veggie

MEAL BAG

BEFORE YOU 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.



2 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.



3 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.



4 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.



5 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.



6 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!**

2 PEOPLE 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

NUTRITION UNCOOKED INGREDIENT	PER SERVING 932G	PER 100G 100G
Energy (kcal)	597	64
(kJ)	2511	269
Fat (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

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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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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