



Welsh Rarebit Veggie Pie

with Lentils and Mushrooms

Classic 40-45 Minutes • 3 of your 5 a day • Veggie

44



Potatoes



Closed Cup
Mushrooms



Garlic Clove



Lentils



Worcester Sauce



Sun-Dried
Tomato Paste



Tomato Passata



Red Wine
Stock Paste



Mature Cheddar
Cheese



Dijon Mustard



Creme Fraiche

Pantry Items
Oil, Salt, Pepper

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, garlic press, sieve, frying pan, grater, bowl, colander and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Closed Cup Mushrooms**	150g	225g	300g
Garlic Clove**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Worcester Sauce 13	15g	22g	30g
Sun-Dried Tomato Paste	25g	50g	50g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	28g	28g	56g
Mature Cheddar Cheese** 7	60g	90g	120g
Dijon Mustard 9 14	10g	15g	20g
Creme Fraiche** 7	150g	225g	300g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	674g	100g
Energy (kJ/kcal)	3169/757	470/112
Fat (g)	38.1	5.7
Sat. Fat (g)	22.0	3.3
Carbohydrate (g)	81.4	12.1
Sugars (g)	18.0	2.7
Protein (g)	23.8	3.5
Salt (g)	5.91	0.88

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **9)** Mustard **13)** Cereals containing gluten
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

Preheat your oven to 240°C/220°C fan/gas mark 9.
Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **potatoes**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Quarter the **mushrooms**. Peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **lentils** in a sieve.



Make your Rarebit Topping

Meanwhile, grate the **Cheddar cheese** and pop it in a small bowl with the **Dijon mustard** (add less if you don't love **mustard**) and **creme fraiche**.

Season with **salt** and **pepper**, then stir together and set aside.

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** (if you have any) and mash until smooth. Season with **salt** and **pepper**.



Fry the Mushrooms

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **mushrooms** and stir-fry until browned, 5-6 mins.



Ready, Steady, Bake

Taste the **lentil filling** and season with **salt** and **pepper** if needed.

Transfer to an appropriately sized ovenproof dish and top with an even layer of **mash**. Spoon the **cheese and mustard mixture** over the **mash** and spread it out with the back of a spoon.

Bake the **pie** on the top shelf of your oven until golden brown, 15-20 mins. **TIP:** Pop the dish on a **baking tray** to catch any drips.



Simmer the Filling

Add the **Worcester sauce** to the **mushrooms** and allow it to evaporate, 1-2 mins.

Stir in the **garlic** and **sun-dried tomato paste**, cook for 1 min more. Season with **salt** and **pepper**.

Pour in the **tomato passata**, **red wine stock paste** and **water for the sauce** (see pantry for amount).

Stir in the **lentils**, then bring the mixture to the boil. Simmer until thickened, 8-10 mins.



Serve

When your **Welsh rarebit pie** is ready, remove from the oven and allow to stand for 2 mins before serving.

Spoon generously onto your plates and dig in.

Enjoy!