



Welsh Rarebit Veggie Shepherd's Pie

with Lentils and Mushrooms

Classic 35 Minutes • 1 of your 5 a day

19



Potatoes



Red Onion



Closed Cup Mushrooms



Garlic Clove



Brown Lentils



Worcester Sauce



Italian Style Herbs



Sun-Dried Tomato Paste



Tomato Passata



Red Wine Stock Paste



Mature Cheddar Cheese



Dijon Mustard



Creme Fraiche



Bacon Lardons

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, sieve, frying pan, grater, colander, potato masher and ovenproof dish.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red Onion**	1	1	2
Closed Cup Mushrooms**	150g	225g	300g
Garlic Clove**	2	3	4
Brown Lentils	1 carton	1½ cartons	2 cartons
Worcester Sauce 13	1 sachet	1 sachet	2 sachets
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	1 sachet	1 sachet	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Mature Cheddar Cheese** 7	60g	90g	120g
Dijon Mustard 9 14	15g	15g	15g
Creme Fraiche** 7	150g	150g	300g
Bacon Lardons*	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	725g	100g
Energy (kJ/kcal)	3236/773	446/107
Fat (g)	38	5
Sat. Fat (g)	22	3
Carbohydrate (g)	82	11
Sugars (g)	19	3
Protein (g)	24	3
Salt (g)	4.11	0.57
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	770g	100g
Energy (kJ/kcal)	3723/890	483/116
Fat (g)	47	6
Sat. Fat (g)	25	3
Carbohydrate (g)	83	11
Sugars (g)	19	2
Protein (g)	32	4
Salt (g)	5.34	0.69

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 13) 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.

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60 Worship St, London EC2A 2EZ

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Get Prepped

Preheat your oven to 220°C. Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ tsp salt. Chop the **potatoes** into 2cm chunks (peel first if you prefer). Halve, peel and chop the **red onion** into small pieces. Quarter the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve.



Start Cooking

Once boiling, add the **potatoes** to the **water** 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 starting to brown, 3-4 mins. Stir in the **onion** and cook until softened, 4-5 mins.

CUSTOM RECIPE

If you've added **bacon lardons** to your meal, add them to the pan when you add the **mushrooms** and continue with the step as instructed.

IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Mash the Potatoes

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**.



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.



Simmer the Filling

Add the **Worcester sauce** to your pan and allow it to evaporate, 1-2 mins. Stir in the **garlic**, **Italian style herbs** and **sun-dried tomato paste** and 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 ingredients for amount). Stir in the **lentils**, then bring the **mixture** to the boil. Simmer until thickened, 6-8 mins.



Finish and Serve

When the **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!