



Welsh Rarebit Veggie Shepherd's Pie

with Lentils and Mushrooms

Classic 40-45 Minutes • 2 of your 5 a day • Veggie

20



Potatoes



Garlic Clove



Brown Lentils



Sliced Mushrooms



Worcester Sauce



Sun-Dried
Tomato Paste



Tomato Passata



Red Wine
Stock Paste



Mature Cheddar
Cheese



Dijon Mustard



Creme Fraiche

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, bowl, colander, potato masher and ovenproof dish.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	2	3	4
Brown Lentils	1 carton	1½ cartons	2 cartons
Sliced Mushrooms**	120g	180g	240g
Worcester Sauce	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*	75ml	100ml	150ml
Mature Cheddar Cheese** 7)	60g	90g	120g
Dijon Mustard 9) 14)	10g	15g	20g
Crème Fraîche** 7)	150g	150g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	654g	100g
Energy (kJ/kcal)	3121 /746	477 /114
Fat (g)	37.8	5.8
Sat. Fat (g)	21.9	3.3
Carbohydrate (g)	77.0	11.8
Sugars (g)	14.8	2.5
Protein (g)	23.3	3.6
Salt (g)	3.97	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

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 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). Peel and grate the **garlic** (or use a garlic press).

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



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 **crème fraîche**. 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**.



Start Cooking

Once 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.



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



Serve

When the **veggie shepherd's 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!