

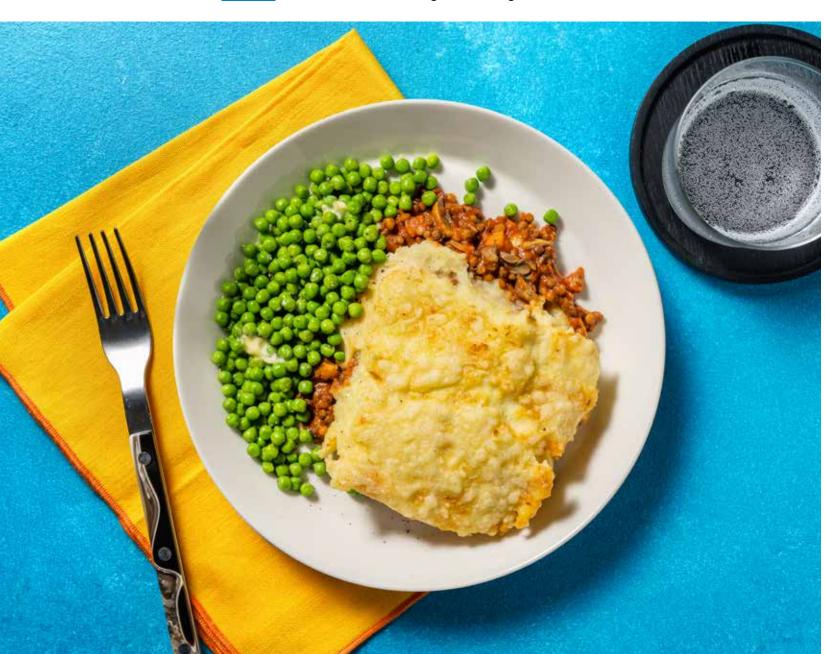
# Lentil and Mushroom Cottage Pie

with Cheesy Mash Top and Peas



35-40 Minutes • 4 of your 5 a day











Sliced Mushrooms

Carrot





Garlic Clove

Potatoes





Mature Cheddar Cheese

Mushroom Broth

Paste

Lentils



Finely Chopped Tomatoes



Red Wine Stock Paste



**Dried Rosemary** 



Peas



#### **Pantry Items** Oil, Salt, Pepper, Sugar, Butter

#### **CUSTOM RECIPE**

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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

#### Ingredients

Ingredients	2P	3P	4P		
Carrot**	1	2	2		
Sliced Mushrooms**	120g	180g	240g		
Potatoes	450g	700g	900g		
Garlic Clove**	2	3	4		
Lentils	1 carton	1½ cartons	2 cartons		
Mature Cheddar Cheese** 7)	30g	40g	60g		
Finely Chopped Tomatoes	½ carton	34 cartons	1 carton		
Mushroom Broth Paste	15g	22g	30g		
Red Wine Stock Paste 14)	28g	42g	56g		
Dried Rosemary	1 sachet	2 sachets	2 sachets		
Peas**	120g	240g	240g		
Bacon Lardons**	90g	120g	180g		
Pantry	2P	3P	4P		
Sugar*	1 tsp	1½ tsp	2 tsp		
Water for the Sauce*	50ml	75ml	100ml		
Butter*	30g	45g	60g		
*Not Included **Store in the Fridge					

#### N. L. Caller, March 2014

Nutrition			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	701g	100g	745g	100g
Energy (kJ/kcal)	2589/619	369 /88	3076 /735	412/99
Fat (g)	19.8	2.8	29.0	3.9
Sat. Fat (g)	11.6	1.7	14.5	1.9
Carbohydrate (g)	88.2	12.6	89.1	11.9
Sugars (g)	19.9	2.8	20.0	2.7
Protein (g)	22.4	3.2	30.1	4.0
Salt (g)	5.13	0.73	6.36	0.85

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

## **Allergens**

#### 7) Milk 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.

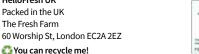
#### Contact

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#### HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







## **Get Prepped**

Bring a large saucepan of water with 1/2 tsp salt to the boil for the potatoes.

Trim the carrot, then quarter lengthways (no need to peel). Chop widthways into small pieces.

Roughly chop the **sliced mushrooms**. Chop the potatoes into 2cm chunks (peel first if you prefer).

When boiling, add the potatoes to the water and cook until you can easily slip a knife through, 15-20 mins.



## Start the Pie Filling

Meanwhile, heat a drizzle of oil in a large frying pan on high heat. Once hot, add the chopped carrot and stir-fry for 3-4 mins.

Add the **mushrooms** to the pan and season with salt and pepper. Fry, stirring occasionally, until the veg is softened, 5-6 mins.

In the meantime, peel and grate the garlic (or use a garlic press). Drain and rinse the **lentils** in a sieve. Grate the cheese.



If you've chosen to add **bacon lardons** to your meal, add them to the pan at the same time as the mushrooms. Stir-fry until golden, 5-6 mins, then continue as instructed. **IMPORTANT**: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## Bring on the Sauce

Once the **veg** has softened, add the **garlic** and cook for 1 min.

Add the **chopped tomatoes** (see ingredients for amount), mushroom broth paste, red wine stock paste, dried rosemary, sugar and water for the **sauce** (see pantry for both amounts) to the pan.

Bring to the boil, then stir through the **lentils**. Lower the heat and simmer until thickened, 4-5 mins.



## Time to Mash

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add half the butter (see pantry for amount) and a splash of milk (if you have any) and mash until smooth. Season with salt.

Preheat your grill to high.



## Assemble and Grill

Once the **pie filling** has thickened, taste and season with salt and pepper if needed. Transfer to an appropriately sized ovenproof dish.

Top with an even layer of **mash** and sprinkle over the cheese.

Grill until the **cheese** is bubbling and golden, 5-6 mins.



## Finish and Serve

Meanwhile, clean the (now empty) frying pan and pop back on medium heat with the remaining **butter**.

Once melted, add the **peas** and stir until piping hot, 2-3 mins. Season with salt and pepper, then remove from the heat.

When the **pie** is ready, serve on plates with the buttery peas alongside.

Enjoy!