



Lentil and Mushroom Cottage Pie

with Cheesy Mash Top and Peas

Classic 35-40 Minutes • 5 of your 5 a day

4



Carrot



Sliced Mushrooms



Potatoes



Garlic Clove



Lentils



Mature Cheddar
Cheese



Tomato Passata



Mushroom Broth
Paste



Red Wine
Stock Paste



Dried Rosemary



Peas



Bacon Lardons

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	1½cartons	2 cartons
Mature Cheddar Cheese** 7)	30g	40g	60g
Tomato Passata	1 carton	1½cartons	2 cartons
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

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	708g	100g	753g	100g
Energy (kJ/kcal)	2616 /625	369 /88	3104 /742	412 /98
Fat (g)	19.9	2.8	29.0	3.8
Sat. Fat (g)	11.6	1.6	14.5	1.9
Carbohydrate (g)	90.0	12.7	90.9	12.1
Sugars (g)	20.7	2.9	20.7	2.7
Protein (g)	22.4	3.2	30.1	4.0
Salt (g)	5.17	0.73	6.40	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, cereals containing 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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Get Prepped

Bring a large saucepan of **water** with $\frac{1}{2}$ **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.



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.



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** has 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**.

CUSTOM RECIPE

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.**



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.



Bring on the Sauce

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

Add the **passata**, **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.



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!