

# Hearty Harissa Cauliflower, Mushroom and Lentil Pie with Cheesy Mash Top

Classic 35-40 Minutes • Mild Spice • 3 of your 5 a day • Veggie



Potatoes



Cauliflower Florets



Chermoula Spice Mix



Sliced Mushrooms



Garlic Clove



Lentils



Mature Cheddar Cheese



Harissa Paste



Finely Chopped Tomatoes



Vegetable Stock Paste



This Hearty Harissa Cauliflower, Mushroom and Lentil Pie is perfect for autumn. Harissa is widely used in Middle Eastern and North African cuisine, containing dried chillies, star anise, cumin and coriander, all warming spices that pair perfectly with veg.

**Pantry Items**

Oil, Salt, Pepper, Sugar



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

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

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cauliflower Florets**	300g	450g	600g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Sliced Mushrooms**	120g	180g	240g
Garlic Clove**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	40g	60g	90g
Harissa Paste 14)	50g	75g	100g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	810g	100g
Energy (kJ/kcal)	2537 /606	313 /75
Fat (g)	17.9	2.2
Sat. Fat (g)	5.5	0.7
Carbohydrate (g)	85.6	10.6
Sugars (g)	21.7	2.7
Protein (g)	28.5	3.5
Salt (g)	4.78	0.59

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Bring a large saucepan of **water** to the boil with **½ tsp salt**.

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

Add the **potatoes** to the pan of **boiling water** and cook until you can easily slip a knife through, 15-20 mins.



## Add the Lentils and Spice

Once the **mushrooms** are browned, add the **garlic** and **harissa paste** (add less if you'd prefer things milder). Stir together and cook for 1 min.

Stir in the **chopped tomatoes**, **lentils**, **veg stock paste** and **sugar** (see pantry for amount).

Bring to the boil, then lower the heat and simmer until thickened, 4-6 mins. Add a splash of **water** if it's a little too thick.



## Roast the Cauliflower

Meanwhile, halve any large **cauliflower florets** and pop them onto a large baking tray.

Drizzle with **oil**, sprinkle over the **chermoula spice mix**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.



## Mash Time

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

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with salt and pepper.

Once roasted, remove the **cauliflower** from the oven. Stir the **cauliflower** through the **mushroom** and **lentil mixture**, season with **salt** and **pepper**, then transfer it to an appropriately-sized ovenproof dish.



## Fry the Mushrooms

While the **cauliflower** roasts, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **mushrooms** and season with **salt** and **pepper**. Cook until browned, 5-6 mins.

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



## Bake and Serve

Top your **pie filling** with an even layer of **mash** and sprinkle over the **cheese**. Bake until golden and bubbling, 6-8 mins.

Serve your **harissa lentil pie** in bowls.

## Enjoy!