

Cauliflower, Mushroom and Harissa Lentil Pie with Cheesy Chive Mash Top



Classic 30-35 Minutes • Mild Spice • 5 of your 5 a day • Veggie







Potatoes

Cauliflower Florets



Ground Cumin

Closed Cup Mushrooms







Garlic Clove



Mature Cheddar

Chives





Harissa Paste

Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste

Pantry Items Oil, Salt, Pepper

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

Ingredients

Ingredients	2P	3P	4P	
Potatoes	450g	700g	900g	
Cauliflower Florets**	300g	450g	600g	
Ground Cumin	1 sachet	1 sachet	2 sachets	
Closed Cup Mushrooms**	150g	225g	300g	
Garlic Clove**	2	3	4	
Lentils	1 carton	1½ cartons	2 cartons	
Mature Cheddar Cheese** 7)	40g	60g	90g	
Chives**	1 bunch	1 bunch	1 bunch	
Harissa Paste	50g	75g	100g	
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons	
Vegetable Stock Paste 10)	10g	15g	20g	
Pantry	2P	3P	4P	
Water for the Sauce*	50ml	75ml	100ml	
*Not Included **Store in the Fridge				

Nutrition

Per serving	Per 100g
820g	100g
2492 /596	304 /73
19.0	2.3
6.0	1.0
80.0	10.0
20.0	2.4
25.0	3.0
6.00	1.00
	820g 2492/596 19.0 6.0 80.0 20.0 25.0

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

Allergens

7) Milk 10) Celery

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.

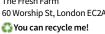
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Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of water to the boil with 1/2 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.



Roast the Cauliflower

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

Drizzle with oil, sprinkle over the ground cumin, 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.



Fry the Mushrooms

While the cauli roasts, thinly slice the mushrooms. 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. Roughly chop the chives (use scissors if easier).



Finish your Pie Filling

Once the **mushrooms** are browned, add the **garlic** and harissa paste (add less if you don't like heat). Stir together and cook for 1 min.

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

Bring to the boil, then lower the heat and simmer until thickened, 8-10 mins. Add a splash of water if it's a little thick.



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, then stir through half the chives.

Once roasted, remove the **cauliflower** from the oven and turn your grill on to high.

Stir the **cauliflower** through the **sauce**, season with salt and pepper, then transfer it to an appropriately-sized ovenproof dish.



Grill and Serve

Top your **pie filling** with an even layer of **mash** and sprinkle over the cheese. Grill until golden and bubbling, 5-6 mins.

When ready, sprinkle the remaining chives over the **lentil pie**, then share between your bowls.

Enjoy!