



Indian Inspired Saag Aloo Pie

with Broccoli, Lentils and Roasted Carrot Batons

44

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



Carrot



Broccoli



Lentils



Garlic Clove



Potatoes



Ground Turmeric



Korma Style Paste



Vegetable Stock Paste



Creme Fraiche



Mango Chutney



Baby Spinach

Pantry Items
Oil, Salt, Pepper, Butter

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, sieve, baking tray, garlic press, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
Broccoli**	1	1½	2
Lentils	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Ground Turmeric	1 sachet	1½ sachets	2 sachets
Korma Style Paste 9)	50g	75g	100g
Vegetable Stock Paste 10)	10g	15g	20g
Crema Fraiche** 7)	75g	120g	150g
Mango Chutney	40g	60g	80g
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	799g / 2973 / 711	100g / 372 / 89
Fat (g)	28.6	3.6
Sat. Fat (g)	14.0	1.8
Carbohydrate (g)	90.0	11.3
Sugars (g)	28.6	3.6
Protein (g)	21.8	2.7
Salt (g)	4.65	0.58

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

Allergens

7) Milk 9) Mustard 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.

Contact

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Get Prepping

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

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

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Cut the **broccoli** into florets (like small trees), halving any large ones. Drain and rinse the **lentils** in a sieve.



Make your Pie Filling

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **garlic** and **korma style paste**. Stir-fry for 1 min.

Stir in the **lentils**, **veg stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until the liquid has reduced slightly, 3-4 mins.

Mix in the **crema fraiche** and **mango chutney**, then simmer until thickened, 2-3 mins. Season with **salt** and **pepper**, then remove from the heat.



Roast the Carrots

Pop the **carrots** onto one half of a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until tender, 20-25 mins.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Chop the **potatoes** into 2cm chunks (no need to peel).



Saag Aloo Time

Once the **potatoes** are cooked, add the **spinach** to the **potato** pan a handful at a time until wilted and piping hot, 1-2 mins.

Drain in a colander, then pop back into the pan.

Add the **butter** (see pantry for amount) and season with **salt** and **pepper**.

Gently mash together - don't worry, it doesn't need to be smooth. This is your **saag aloo topping!**



Bring on the Broccoli

When your pan of **water** is boiling, stir in the **turmeric**, then add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Once the **carrots** have roasted for about 10 mins, add the **cauliflower** to the other side of the same tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

TIP: Use two baking trays if necessary.

Return the **veg** to the top shelf to roast for the remaining time until the edges of the **broccoli** are crispy and slightly charred, 12-5 mins. Turn both halfway through.



Assemble and Serve

Stir the **roasted broccoli** into the **lentil mixture** and transfer to an appropriately sized ovenproof dish. Spread the **sag aloo topping** evenly over the top.

Bake your **pie** in the oven until golden and bubbling, 5-6 mins. Once cooked, remove from the oven and allow to stand for 1 min.

Share between your plates and serve with the **roasted carrots** alongside.

Enjoy!