




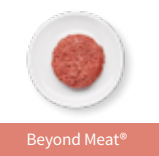










# Lentil Cottage Pie with Mushrooms

Veggie 35 Minutes



**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to add Beyond Meat® patties, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

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-  Lentils
-  Beyond Meat®
-  Russet Potato
-  Mushrooms
-  Mirepoix
-  Green Peas
-  Garlic, cloves
-  Parsley
-  Tomato Sauce Base
-  Cream Cheese
-  Garlic Salt
-  All-Purpose Flour

HELLO LENTILS

High in fibre, low in carbs and perfect for a cozy supper!

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Vegetable peeler, large oven-proof pan, colander, measuring spoons, potato masher, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Lentils	1	2
Beyond Meat®	2	4
Russet Potato	3	6
Mushrooms	227 g	454 g
Mirepoix	113 g	227 g
Green Peas	113 g	227 g
Garlic, cloves	2	4
Parsley	7 g	14 g
Tomato Sauce Base	2 tbsp	4 tbsp
Cream Cheese	1 g	2 g
Garlic Salt	1 tsp	2 tsp
All-Purpose Flour	1 tbsp	2 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

1



### Cook potatoes

- Peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **1 tsp salt** and **enough water to cover** (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min.

4



### Make lentil filling

- Add **garlic**, **flour** and **half the garlic salt** to the pan with **veggies**. Cook, stirring often, until fragrant, 30 sec.
- Add **lentils**, including **liquid**, **tomato sauce base**, **peas** and **¼ cup (½ cup) water**. Bring to a simmer.
- Once simmering, reduce heat to medium. Cook, stirring often, until **filling** thickens slightly, 5-8 min. Season with **pepper**. (NOTE: For 4 ppl, transfer lentil filling to a 9x13-inch baking dish at this point. For 2 ppl, if you don't have an oven-proof pan, transfer to an 8x8-inch dish.)

2



### Prep

- Meanwhile, roughly chop **mushrooms**.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.

5



### Finish potatoes

- When **potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Mash **cream cheese**, **¼ cup (½ cup) milk** and **2 tbsp (2 tbsp) butter** into **potatoes** until creamy. Season with **remaining garlic salt** and **pepper**, then stir in **half the parsley**.

3



### Cook veggies

- Heat a large oven-proof pan over medium-high heat.
- When hot, add **½ tbsp (1 tbsp) oil**, then **mushrooms**. Cook, stirring often, until beginning to brown, 2-3 min.
- Add **1 tbsp (2 tbsp) butter**, then **mirepoix**. Cook, stirring occasionally, until **veggies** are tender, 3-4 min.

If you've opted to add **Beyond Meat® patties**, when the pan is hot, add **patties** along with **mushrooms**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.\*\* Season with **salt** and **pepper**. Follow the rest of the recipe as written.

6



### Finish and serve

- When **lentil filling** is done, top with **mashed potatoes**, spreading into an even layer to cover **filling**.
- Broil in the **middle** of the oven until **potato topping** begins to brown, 4-5 min.
- Remove from the oven and let stand, 5 min.
- Divide **lentil cottage pie** between plates. Sprinkle **remaining parsley** over top.

Dinner Solved!



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