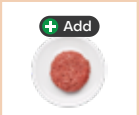




Lentil Cottage Pie with Mushrooms

Veggie 35 Minutes



Beyond Meat®
2 | 4

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Lentils
1 | 2



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 | 2



Garlic Salt
1 tsp | 2 tsp



All-Purpose Flour
1 tbsp | 2 tbsp

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.

Pantry items | Milk*, unsalted butter*, oil*, salt*, pepper*

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

1



Cook potatoes

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

- 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.

2



Prep

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

3



Cook veggies

+ Add | **Beyond Meat®**

- 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.

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** with **canning 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.)

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**.

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.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook Beyond Meat®

+ Add | **Beyond Meat®**

If you've opted to add **Beyond Meat®**, when the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **mushrooms** and **patties**. 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.

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



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