



More Than Food
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Lentil and Vegetable Hotpot with a Cheesy Potato Topping

Lovely lentils and some tasty cheddar cheese provide a great twist on this British classic. It's a dish that is part hotpot and part casserole with a nutritious blend of vegetables and lentils (perfect for helping with your 'five-a-day'), plus a delicious sauce and some hearty potatoes! We topped it with cheese for that extra treat!

45 mins

veggie

healthy

5 of your 5 a day

super spicy



Garlic Clove (1)



Onion (1)



Carrot (1)



Red Pepper (½)



Chestnut Mushrooms (½ punnet)



Lentils (1 tin)



Flat Leaf Parsley (½ bunch)



Potato (1 pack)



Provençal Herbs (1½ tsp)



Water (200ml)



Vegetable Stock Pot (1)



Tomato Purée (1 tbsp)



Soy Sauce (1 tbsp)



English Mustard (2 tsp)



Baby Spinach (1 bag)



Netherend Butter (30g)



Cheddar Cheese (30g)

2 PEOPLE INGREDIENTS

- Garlic Clove, chopped **1**
- Onion, chopped **1**
- Carrot, chopped **1**
- Red Pepper, chopped **½**
- Chestnut Mushrooms, chopped **½ punnet**
- Lentils **1 tin**
- Flat Leaf Parsley, chopped **½ bunch**
- Potato, sliced **1 pack**
- Provençal Herbs **1½ tsp**

- Water **200ml**
- Vegetable Stock Pot **1**
- Tomato Purée **1 tbsp**
- Soy Sauce **1 tbsp**
- English Mustard **2 tsp**
- Baby Spinach **1 bag**
- Netherend Butter **30g**
- Cheddar Cheese **30g**

Allergens: Celery, Sulphites, Gluten, Mustard, Milk, Soya.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrates	Sugars	Protein	Salt
Per serving	553 kcal / 2322 kJ	23 g	12 g	65 g	15 g	22 g	5 g
Per 100g	75 kcal / 316 kJ	3 g	2 g	9 g	2 g	3 g	1 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The origin of the word "mustard" comes from two Latin words (mustum ardens) which means "burning must" because in ancient times mustard was prepared with must (unfermented grape juice). This word then gave rise to the word "mustard" in English.

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.
Soy Sauce: Water, Soybeans, Wheat, Salt.



1 Preheat your oven to 220 degrees. Peel and chop the **garlic** (or use a garlic press if you have one). Peel the **onion**, cut in half through the root and chop into small ½cm cubes. Cut the top and bottom off the **carrot**, then peel and chop into ½cm cubes. Remove the core from the **red pepper** and chop into 1cm cubes. Roughly chop the **mushrooms**. Drain and rinse the **lentils**. Roughly chop the **parsley**. Cut the **potato** (no need to peel) into very thin ½cm slices (if you can!).



2 Heat a splash of **oil** in a saucepan over a medium heat. Add your **garlic** and **onion** and fry gently for 3 mins until slightly soft. Add your **carrot**, **pepper** and **mushrooms**, along with pinch of **salt** and a good grind of **black pepper**, and fry for a further 4 mins or until soft.

3 Next, add your **lentils** and the **herbs** into the pan and stir well. Pour in the **water** (amount specified in the ingredient list) along with the **vegetable stock pot**. Add the **tomato purée**, **soy sauce**, **mustard**, **spinach**, and half of your **parsley**. Stir together. Cover with a lid and allow it to simmer for 1 minute. **Tip:** *It might look like a lot of spinach initially but it will wilt down!*



4 Transfer your **lentil mixture** from the saucepan into a large ovenproof dish. Layer your **potato slices** over the top, trying not to overlap them too much, so that they all cook at the same rate. Dot your **potato** with the **butter**. Season it with a few grinds of **black pepper** and place on the top shelf of your oven for 20 mins. **Tip:** *The potato will slightly submerge into the sauce as it cooks, this is perfectly fine!* **Tip:** *If you have too much potato to put on top, don't worry... you don't have to use it all!*

5 While your hotpot is in your oven, grate the **cheese**. Remove your **hotpot** (once the 20 mins are up) and turn your grill to high. Scatter your **cheese** over your **hotpot** and place it under your grill for a further 5 mins, or until your cheese has melted.



6 Serve as much as you can handle in a large bowl and garnish with your remaining **parsley**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!