



Lentil Cottage Pie with Mushrooms

Veggie

35 Minutes



Lentils



Russet Potato



Mushrooms



Mirepoix



Green Peas



Garlic, cloves



Parsley



Tomato Sauce Base



Cream Cheese



Seasoned 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.

Bust out

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

Ingredients

	2 Person	4 Person
Lentils	370 ml	740 ml
Russet Potato	690 g	1380 g
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	43 g	86 g
Seasoned Salt	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

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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.



Make lentil filling

Add **garlic**, **flour** and **half the seasoned salt** to the pan with **veggies**. Cook, stirring often, until fragrant, 30 sec. Add **lentils**, including **liquid**, **tomato sauce base**, **peas** and **¼ cup water** (dbl for 4 ppl). Bring to a simmer. Once simmering, reduce heat to medium. Cook, stirring occasionally, 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.)



Prep

While **potatoes** cook, roughly chop **mushrooms**. Peel, then mince or grate **garlic**. Roughly chop **parsley**.



Finish potatoes

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Mash **cream cheese**, **¼ cup milk** and **2 tbsp butter** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **remaining seasoned salt** and **pepper**, then stir in **half the parsley**.



Cook veggies

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



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 the pan from the oven and let stand for 5 min. Divide **lentil cottage pie** between plates. Sprinkle **remaining parsley** over top.

Dinner Solved!