



# LENTIL & VEGETABLE HOTPOT

with Cheesy Potato Topping



BALANCED RECIPE



## HELLO LENTILS

Lentils are considered to have one of the highest protein contents for a legume. Protein is a vital macronutrient in the diet, and has several roles including contributing to the maintenance of normal bones.



Potato



Onion



Carrot



Yellow Pepper



Chestnut Mushrooms



Lentils



Flat Leaf Parsley



Provençal Herbs



Tomato Purée



Vegetable Stock Powder



Wholegrain Mustard



Baby Spinach



Half Fat Cheese

MEAL BAG

25 mins

4.5 of your 5 a day

Veggie

Balanced

Under 550 calories

Low in salt

It's often assumed that 'hot pot' refers to the earthenware pot that is traditionally used to cook casseroles in British cuisine, but it is actually more likely to be connected with what lies within, which would have been a 'hodgepodge' or jumble of ingredients. A true veggie warmer with a kick of English mustard to provide the all important heat to put fire in your belly!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Sieve**, **Large Saucepan**, **Measuring Jug**, **Ovenproof Dish** and **Coarse Grater**. Now, let's get cooking!



### 1 COOK THE POTATOES

Preheat your oven to 220°C. Bring a large saucepan of **water** with a pinch of **salt** to the boil. Cut the **potatoes** (no need to peel!) into 1/2cm slices. Add it to the pan, lower the heat and and simmer until tender, 10-12 mins.  
**★ TIP:** *The potato is cooked when you can easily slip a knife through the middle. Be careful - you don't want the **potato slices** to break up too much! Drain in a colander and set aside to steam dry.*



### 2 PREP THE VEGGIES

Halve, peel and chop the **onion** into small pieces. Trim the **carrot** (no need to peel!), quarter lengthways, then chop widthways into small pieces. Halve, then remove the core and seeds from the **pepper** and chop into small pieces. Roughly chop the **mushrooms**. Drain and rinse the **lentils** in a sieve. Roughly chop the **parsley** (stalks and all).



### 3 COOK THE VEGGIES

Heat a splash of **oil** in a large saucepan over medium heat. Add the **onion** and **carrot** and cook, stirring occasionally, until slightly soft, 4-5 mins. Add the **pepper** and **mushrooms**, along with a pinch of **salt** and **pepper**. Cook, stirring, until soft, 5 mins.



### 4 ADD THE LENTILS

Next, add the **lentils**, **Provençal herbs** and **tomato purée** to the pan and stir well. Pour in the **water** (see ingredients for amount) along with the **stock powder**. Add the **mustard** (see ingredients for amount - add less if you don't like heat!), then stir in the **spinach** a handful at a time until wilted. Simmer for a minute then add **half** of the **parsley**.



### 5 BAKE THE HOTPOT

Transfer the **lentil mixture** from the pan into an ovenproof dish. Once the **potatoes** are cool enough to handle, arrange on top of the **pie**, overlapping each slice of **potato** (see photo). Season with a few grinds of **black pepper**. Grate the **cheese** on top then bake on the top shelf of your oven until bubbling and golden, 10-15 mins.



### 6 SERVE

Let the **hotpot** sit for a few mins and then serve in deep bowls. Finish with a sprinkling of the remaining **parsley**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

|                       | 2P           | 3P           | 4P            |
|-----------------------|--------------|--------------|---------------|
| Potato *              | 1 small pack | 1 large pack | 2 small packs |
| Onion *               | 1            | 1            | 2             |
| Carrot *              | 1            | 2            | 2             |
| Yellow Pepper *       | 1            | 1            | 2             |
| Chestnut Mushrooms *  | ½ punnet     | ¾ punnet     | 1 punnet      |
| Lentils               | 1 carton     | 1½ cartons   | 2 cartons     |
| Flat Leaf Parsley *   | ½ bunch      | ¾ bunch      | 1 bunch       |
| Provençal Herbs       | 1 pot        | 1½ pots      | 2 pots        |
| Tomato Purée          | ½ sachet     | ¾ sachet     | 1 sachet      |
| Water*                | 100ml        | 150ml        | 200ml         |
| Vegetable Stock       | 1 sachet     | 1½ sachets   | 2 sachets     |
| Powder 10)            | 1 sachet     | 1½ sachets   | 2 sachets     |
| Wholegrain Mustard 9) | ½ pot        | ¾ pot        | 1 pot         |
| Baby Spinach *        | 1 bag        | 1 bag        | 1 bag         |
| Half Fat Cheese 7) *  | 1 block      | 1½ blocks    | 2 blocks      |

\*Not Included \* Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 683G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kJ/kcal)                  | 1651/395         | 242/58   |
| Fat (g)                           | 4                | 1        |
| Sat. Fat (g)                      | 2                | 1        |
| Carbohydrate (g)                  | 70               | 10       |
| Sugars (g)                        | 17               | 2        |
| Protein (g)                       | 19               | 3        |
| Salt (g)                          | 1.57             | 0.23     |

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 9) Mustard 10) Celery

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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