



More Than Food  
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## Psychedelic Veggie Shepherd's Pie

We have taken a trip down memory lane with this hippy trippy veggie shepherd's pie. Not only is this dish packed with fibre, nutrients and antioxidants (from the trippy potatoes) it tastes great too! We hope you enjoy this feast for both your eyes and taste buds!

35 mins

4 of your 5 a day

veggie

healthy



Purple Potato  
(1 pack)



Onion  
(1)



Carrot  
(1)



Celery  
(1)



Chestnut Mushrooms  
(1 punnet)



Garlic Clove  
(1)



Rosemary  
(2 sprigs)



Flat Leaf Parsley  
(1 bunch)



Cheddar Cheese  
(60g)



Lentils  
(1 tin)



Ground Coriander  
(1½ tsp)



Tomato Passata  
(1 carton)



Water  
(200ml)



Vegetable Stock  
Pot (1)



Worcestershire  
Sauce (1 tbsp)



Netherend  
Butter (1 tbsp)

## 2 PEOPLE INGREDIENTS

- Purple Potato, chopped **1 pack**
- Onion, chopped **1**
- Carrot, chopped **1**
- Celery, chopped **1**
- Chestnut Mushrooms, quartered **1 punnet**
- Garlic Clove, grated **1**
- Rosemary, chopped **2 sprigs**
- Flat Leaf Parsley, chopped **1 bunch**
- Cheddar Cheese **60g**
- Lentils **1 tin**
- Ground Coriander **1½ tsp**
- Tomato Passata **1 carton**
- Water **200ml**
- Vegetable Stock Pot **1**
- Worcestershire Sauce **1 tbsp**
- Netherend Butter **1 tbsp**

**Allergens:** Celery, Milk, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	547 kcal / 2298 kJ	19 g	10 g	76 g	17 g	20 g	4 g
<b>Per 100g</b>	76 kcal / 320 kJ	3 g	1 g	11 g	2 g	3 g	1 g

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

### Did you know...

Purple potatoes contain four times more antioxidants than regular potatoes. Anthocyanin is a pigment that creates the purple color in the potatoes and also acts as an antioxidant.

**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.

2



**1** Peel the **purple potato** and then chop into 2cm chunks. Pop into a pot of water with a pinch of **salt**. Put the pot on high heat, bring to the boil, lower the heat to medium and cook for 20 mins. **Tip:** *The potato is cooked when you can easily slip a knife through.*

**2** Whilst your potato cooks, get on with your veg prep. Cut the **onion** in half through the root. Peel and then chop into small chunks (½cm is perfect!). Remove the top and bottom off the **carrot**, peel and then chop into 1cm chunks. Chop the **celery** into 1cm chunks. Quarter the **chestnut mushrooms**. Peel and grate the **garlic** (or use a garlic press if you have one). Pull the leaves from the **rosemary** and finely chop. Discard the stalks.

3



**3** Put a wide bottomed frying pan on medium heat and add a splash of **oil**. When the **oil** is hot, add your **onion, carrot, celery** and **mushrooms** to the pan. Season with a generous pinch of **salt** and a good grind of **black pepper**. Cook for 5-7 mins with the lid on, stirring occasionally.

**4** As your veggies cook, finish your last few jobs. Roughly chop the **parsley**. Grate the **cheddar cheese**. Drain the **lentils** into a sieve, rinse well under cold water and keep to one side.

7



**5** Add your **garlic, ground coriander** and **rosemary** to your **veggies** and cook for 1 minute more. Pour in the **tomato passata** and the **water** (amount as stated in the ingredient list). Add the **vegetable stock pot** and stir well to make sure it's dissolved. Lower the heat so the sauce is simmering away gently and then add half the **Worcestershire sauce**. Cook for 15 mins with the lid off or until your **carrot** is tender. **Tip:** *You want the sauce to reduce by half.*

**6** When your **potato** is cooked, drain into a colander and then return to the pot, off the heat.

**7** Mash your **potato** with a potato masher. Add the **butter**, mix well and then season with **salt** and **pepper** to taste. Keep to one side. Pre-heat your grill to its highest setting.

9



**8** Test a **carrot** in your sauce to make sure it's cooked (carry on cooking for another 5 mins if not) and then add your **lentils**. Stir in your **parsley** and add more **salt** and **pepper** if necessary.

**9** Spoon your **sauce** into an ovenproof baking dish and then top with your **mash**. Smooth your **mash** over your **sauce** with a spoon then sprinkle on your **cheese** and remaining **Worcestershire sauce**. Pop under your grill for 3 mins. You want the cheese to be golden and bubbling.

**10** Serve immediately and enjoy!

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