



ROSTI-TOPPED LENTIL PIE

with Garlicky Green Beans

SPICY

VEGGIE



HELLO ROSTI

Rosti is a Swiss dish made with grated potatoes. It makes an excellent topping for this pie.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 486



Lentils, canned



Massaman Curry Paste



Dried Currants



Garlic



Red Onion, chopped



Carrot, chopped



Yukon Potato



Pepitas



Green Beans, trimmed



Vegetable Broth Concentrate

BUST OUT

- Measuring Cups
- Paper Towel
- Measuring Spoons
- Garlic Press
- Medium Bowl
- Strainer
- Medium Oven-Proof Pan
- Grater
- Medium Non-Stick Pan
- Salt and Pepper
- Peeler
- Olive or Canola oil

INGREDIENTS

2-person

- Lentils, canned 1 can
- **Massaman Curry Paste** 🌶️ 9 2 tbsp
- Dried Currants 28 g
- Garlic 10 g
- Red Onion, chopped 56 g
- Carrot, chopped 113 g
- Yukon Potato 340 g
- Pepitas 28 g
- Green Beans, trimmed 170 g
- Vegetable Broth Concentrate 1

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat your broiler to **high** (to broil the pie).



1 PREP
Wash and dry all produce.* Mince or grate the **garlic**. Drain and rinse the **lentils**. Peel, then grate the **potatoes**. Over a strainer, using a dish cloth or paper towels, firmly squeeze the excess liquid from the potatoes.



4 MAKE PIE
Remove the pan from the heat and top the **lentil mixture** with the **potatoes**. Broil in the centre of the oven until the potato topping is golden-brown, 10-15 min. (**TIP:** If you don't have an oven-proof pan, transfer the mixture to a 8x8 baking dish before broiling.)



2 PREP POTATOES
In a medium bowl, stir together the **potatoes** and **2 tbsp oil**. Season with **salt** and **pepper**. Set aside. Heat a medium oven-proof pan over medium heat. Add the **pepitás** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer the pepitás to a plate and set aside.



5 COOK BEANS
Meanwhile, heat a medium non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **green beans**. Cook, stirring occasionally, until the beans are tender-crisp, 4-5 min. Add the **remaining garlic** and cook until fragrant, 1-2 min. Season with **salt** and **pepper**.



3 COOK VEGGIES
Increase the heat to medium-high. Add a drizzle of **oil** to the same pan, then the **onion** and **carrot**. Cook, stirring occasionally, until the onion softens, 3-4 min. Stir in the **curry paste** and **half the garlic**. Add the **broth concentrate**, **1 cup water**, **lentils**, **pepitás** and **currants**. Cook, stirring together, until the mixture is warmed through, 1-2 min.



6 FINISH AND SERVE
Divide the **potato lentil pie** and **green beans** between plates.

PERFECT!

All the different flavours in each bite of this pie go so well together!