



# VEGGIE SHEPHERD'S PIE



## HELLO ROSEMARY

Ancient Greeks believed that rosemary was a magical plant that could strengthen memory.



Red Potato



Onion



Celery



Mushrooms



Rosemary



Flat Leaf Parsley



Lentils



Ground Coriander



Worcester Sauce



Easy Garlic



Finely Chopped Tomatoes with Basil



Vegetable Stock Pot



Hard Italian Cheese

MEAL BAG

40 mins

4 of your 5 a day

Veggie

This tasty pie features delicious veggies, meaty mushrooms and a cheesy mash topping. The combination of lentils and mushrooms will leave you feeling full and warm ... perfect for the cold weather outside! So bust out the pots and pans, it's time to get cooking!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans** (one with a **Lid**), **Coarse Grater**, **Sieve**, **Measuring Jug**, **Colander**, **Potato Masher** and **Ovenproof Dish**. Now, let's get cooking!



### 1 BOIL THE POTATO

Put a large saucepan of **water** with a pinch of **salt** on to boil for the **potato**. Chop the **potato** into 2cm chunks (no need to peel!). Pop them into the pan of water, bring back 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 PREP THE VEGGIES

Meanwhile, halve, peel and chop the **onion** into ½cm pieces. Chop the **celery** into 1cm chunks. Quarter the **mushrooms**. Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). **TIP:** Check how many rosemary sprigs you need in the ingredient list.



### 3 START THE FILLING

Heat a drizzle of **oil** in another saucepan on medium heat. When hot, add the **onion**, **celery** and **mushrooms**. Season with a pinch of **salt** and **pepper**. Cook with the lid on, stirring occasionally until soft, 5-7 mins. Whilst the **veggies** cook, roughly chop the **parsley** (stalks and all). Drain the **lentils** in a sieve, rinse under cold water and keep to one side.



### 4 SIMMER THE FILLING

Stir the **ground coriander**, **rosemary**, **half** the **Worcester sauce** and the **easy garlic** into the **veggies** and cook for 1 minute more. Pour in the **finely chopped tomatoes with basil** and the **water** (see ingredients for amount). Add the **stock pot** and stir well to make sure it's dissolved. Lower the heat until the **mixture** is simmering and cook until the **sauce** has reduced by half, 15 mins.



### 5 MASH THE TOPPING

When the **potato** is ready, drain in a colander and return to the pan off the heat. Mash with a potato masher or fork, then season with **salt** and **pepper** to taste. Keep to one side. Preheat your grill to its highest setting.



### 6 FINISH AND ENJOY!

Add the **lentils** to the **veggie filling** and heat through. Stir in the **parsley** and add more **salt** and **pepper** if needed. Spoon the **mixture** into an ovenproof dish and top with the **mash**. Smooth the **mash** over with a spoon, then sprinkle on the **cheese** and remaining **Worcester sauce**. Pop under your grill for 3 mins. You want the **cheese** to be golden and bubbling. **Serve!**

## 2 PEOPLE INGREDIENTS

Red Potato, chopped	1 pack
Onion, chopped	1
Celery, chopped 10)	1 stick
Mushrooms, quartered	1 small punnet
Rosemary, chopped	2 sprigs
Flat Leaf Parsley, chopped	1 small bunch
Lentils	1 tin
Ground Coriander	1½ tsp
Worcester Sauce	1 tbsp
Easy Garlic	½ sachet
Finely Chopped Tomatoes with Basil	1 carton
Water*	110ml
Vegetable Stock Pot 10) 14)	½
Hard Italian Cheese, grated 7)	40g

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 752G	PER 100G
Energy (kcal)	449	60
(kJ)	1879	250
Fat (g)	6	1
Sat. Fat (g)	3	0
Carbohydrate (g)	77	10
Sugars (g)	19	3
Protein (g)	20	3
Salt (g)	3.77	0.50

### ALLERGENS

7) Milk 10) Celery 14) Sulphites

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

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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