



# Cauliflower and Harissa Lentil Pie

with cheesy chive mash topping

40 – 45 mins • Veggie • Spicy

7



Potatoes



Mushrooms



Chives



Garlic



Lentils



Grated Cheese



Cauliflower



Ground Cumin



Harissa Paste



Passata



Harissa Spice Mix

Pantry Items: Water, Oil, Salt, Pepper, Butter, Milk (Optional)



Rate your recipe!



## Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Baking sheet with baking paper, colander, grater, oven dish, potato masher, sieve

## Ingredients

	2P	4P
Potatoes	600 g	1200 g
Mushrooms	150 g	250 g
Chives	5 g	10 g
Garlic	2 units	4 units
Lentils	1 pack	2 packs
Grated Cheese	50 g	100 g
Cauliflower	300 g	600 g
Ground Cumin	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets
Passata	1 pack	2 packs
Harissa Spice Mix	1 sachet	2 sachets

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	325 kJ/ 78 kcal
Fat (g)	1.7 g
Sat. Fat (g)	0.8 g
Carbohydrate (g)	9.3 g
Sugars (g)	2.3 g
Protein (g)	4.1 g
Salt (g)	0.4 g

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

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### Make the Mash

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- When boiling, add the **potatoes** to the **water** and cook until fork tender, 12-18 mins. Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water** and mash until smooth.
- Season with **salt** and **pepper**.



### Start the Filling

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms** and season with **salt** and **pepper**. Cook until browned, 5-6 mins.
- Add the **garlic** and cook for 1 min. Add the **harissa paste** and cook for 1 min more.
- Add 50ml **water** (per 2P), **passata**, **lentils** and **harissa spice** mix. Stir to combine then bring to the boil.
- Reduce heat to medium and simmer until thickened, 8-10 mins.

**TIP:** Add a little water if it's too thick.



### Roast the Cauliflower

- Meanwhile, cut the **cauliflower** into florets (like small trees). Halve any large florets.
- Pop the florets onto a large (lined) baking tray.
- Drizzle with **oil**, sprinkle over the **ground cumin**, and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.
- Roast until golden brown and tender, 15-20 mins. Turn the tray halfway through.



### Bake Until Bubbling

- Once the **cauliflower** is cooked, stir it through the sauce, then remove from the heat.
- Taste your filling and season if needed, then transfer to an appropriately-sized oven dish.
- Top with an even layer of mash mixed with **half** the **chives** and sprinkle over the **cheese**.
- Bake on the top shelf of your oven until golden and bubbling, 10-15 mins.



### Prep the Veg

- While the **cauliflower** cooks, roughly chop the **chives** (use scissors if easier).
- Thinly slice the **mushrooms**.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **lentils** in a sieve.



### Serve and Enjoy

- Divide your savoury pie between plates.
- Finish with a sprinkling of the remaining **chives**.

**Enjoy!**