



Cauliflower and Harissa Lentil Pie

with cheesy chive mash topping

Veggie Calorie Smart 40-45 mins • Spicy

10



Potatoes



Mushrooms



Chives



Garlic



Lentils



Grated Cheddar



Cauliflower



Ground Cumin



Harissa Paste



Passata



Vegetable Stock

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

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Oven Dish, Baking Sheet with Baking Paper, Colander, Pot, Potato Masher

Ingredients

	2P	4P
Potatoes	400 g	800 g
Mushrooms	150 g	250 g
Chives	5 g	10 g
Garlic	2 units	4 units
Lentils	1 pack	2 packs
Grated Cheddar	50 g	100 g
Cauliflower	1 unit	2 units
Ground Cumin	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets
Passata	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	783.5 g	100 g
Energy (kJ/kcal)	2552.1 kJ/ 610 kcal	325.7 kJ/ 77.9 kcal
Fat (g)	15.3 g	2 g
Sat. Fat (g)	6.5 g	0.8 g
Carbohydrate (g)	76.9 g	9.8 g
Sugars (g)	29.8 g	3.8 g
Protein (g)	20 g	2.6 g
Salt (g)	5 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

Thumbs up or thumbs down?
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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, 15-20 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**.



Make the Filling

- Meanwhile, 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** and cook for 1 min more.
- Add 50ml **water** (double for 4p), **passata**, **lentils** and **stock**. 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

- 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 halfway through.



Bake Until Bubbling

- Once the **cauliflower** is cooked, stir it through the sauce, then remove pan from heat.
- Taste your filling and season if needed, then transfer to an 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

- Roughly chop the **chives** (use scissors if easier) and set aside.
- Thinly slice the **mushrooms**.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **lentils**.



Serve and Enjoy

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

Enjoy!