

# Vegan Cottage Pie

## with Lentils, Peas and Mushrooms

hellóchef

Pull the curtains and light the fire, we're playing winter tonight!

Cals 666 • Prot 33 • Carbs 98 • Fat 18

Vegan

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🕒 cook: 60 min

R2856



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Mash	2 ppl	3 ppl	4 ppl	
Potatoes	600	900	1200	Grams
Fresh chives	15	15	30	Grams
Salted vegan butter	40	60	80	Grams
Nutritional yeast	4	6	8	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Lentils				
Red onion	1	1	2	Piece
Carrot	1	2	2	Piece
Chestnut mushrooms	250	250	500	Grams
Sun dried tomatoes	60	90	120	Grams
Fresh thyme	10	10	10	Grams
Canned lentils	265	530	530	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Water	300	450	600	ML
Garlic powder	5	8	10	Grams
Vegetable stock cube 15*	1	1	2	Piece
Brown sugar	5	5	10	Grams
Tomato paste	50	70	70	Grams
Green peas	100	150	200	Grams

Allergens

\*15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2791 / 666
Fat (g)	18
of which saturates (g)	9.7
Carbohydrate (g)	98
of which sugars (g)	24.9
Fiber (g)	26.9
Protein (g)	33.3
Salt (g)	2.7

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil potatoes

Preheat the oven to 200°C/180°C fan. Peel and chop the **potatoes** into bite-sized pieces. Add them to a pan of salted boiling water. Cook the **potatoes** over a medium heat for 15 min or until soft. Once soft, drain the **potatoes** and return them to the pan.



2 Prep

Meanwhile, peel and finely chop the **onion**. Peel and finely chop the **carrots**. Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water) and roughly chop them. Finely chop the **sun dried tomatoes**. Strip the **thyme** leaves and finely chop them. Drain and rinse the **lentils**.

**Tip!** Grate the carrots with a fine blade if you want to hide them.



3 Saute

Heat a pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **onion** and **carrot** with a pinch of **salt** and fry for 5 min. After 5 min, add the **mushrooms** and **thyme** and cook for 6 min further.



4 Simmer

Add the **sun dried tomatoes, lentils, measured water, garlic powder, stock cube, sugar and tomato paste** and simmer for 6 min. After 6 min, add the **green peas** and remove the pan from the heat.



5 Mash

Meanwhile, finely chop the **chives**. Add the **vegan butter** and **nutritional yeast** to the **potatoes**. Mash until smooth. Add the **chives** and season with **salt** and **pepper**.



6 Bake

Pour the **lentils** into a baking dish. Top with the mashed **potatoes** and, using a spatula, smooth out the top. Bake for 15–20 min. Once baked, set the pie aside to rest for 5 min before serving.

**Tip!** Gently run a fork over the mash to create a crispy top!