



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CAULIFLOWER

Cauliflower is anti-inflammatory and antioxidant-rich, and may boost your heart and brain health.



2. LENTIL COTTAGE PIE

WITH CAULIFLOWER TOP

 40 Minutes

 4 Servings

 Plant-based

A classic comfort meal but with a twist! A rich tomato and rosemary lentil pie filling topped with fluffy cauliflower mash and grilled in the oven until golden.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
21g	2g	39g

4 May 2020

FROM YOUR BOX

LEEK	1/2 *
CARROTS	2
GARLIC	2 cloves
ROSEMARY	1 sprig
RED LENTILS	1 packet (200g)
SLICED MUSHROOMS	1 punnet (200g)
CHOPPED TOMATOES	400g
TOMATO PASTE	1/2 tub *
CAULIFLOWER	1
CHIVES	1/2 bunch *
MESCLUN LEAVES	1 bag (200g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, 1 stock cube (of choice), flour (of choice)

KEY UTENSILS

oven dish, frypan with lid, saucepan, stick mixer (optional)

NOTES

Grate the carrots instead of chopping to reduce cooking time.

Dress the salad with olive oil if you like.



1. SAUTÉ THE VEGETABLES

Set oven grill to 220°C. Bring a saucepan of water to the boil.

Heat a frypan over medium-high heat with **oil**. Slice leek. Chop carrots, garlic and rosemary (see notes). Add to pan as you go. Cook for 4 minutes, or until softened. Stir in **2 tbsp flour**.



2. SIMMER THE LENTILS

Add lentils and mushrooms to pan. Crumble in **1 stock cube**. Stir in chopped tomatoes, tomato paste and **2 cups water**. Cover and simmer for 10-15 minutes, or until lentils are tender. Season to taste with **salt and pepper**.



3. COOK THE CAULIFLOWER

Meanwhile, cut cauliflower into florets. Add to boiling water to cook for 8-10 minutes, or until softened.



4. MASH THE CAULIFLOWER

Drain cauliflower and mash using a stick mixer until smooth (alternatively mash). Season with **salt and pepper**. Slice chives and stir through mash.



5. ASSEMBLE + BAKE THE PIE

Transfer lentils to an oven dish and spread cauliflower mash on top. Grill in the oven for 5-10 minutes, or until golden.



6. FINISH AND PLATE

Divide cottage pie between plates and serve with side of mesclun leaves.