



Product Spotlight: Lentils

Lentils are a great source of plant-based protein, with 18 grams in every one-cup serving, the equivalent of eating about three whole eggs!



Lentil Cottage Pie with Cauliflower Top

Lentils cooked in a rich tomato and vegetable sauce and baked with a fluffy cauliflower top sprinkled with lupin crumb.



30 minutes



2 servings



Plant-Based

Portion it!

Add more vegetables to the sauce to make extra servings! You can freeze any leftovers of this dish into small portions for weekday lunches.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	4g	49g

FROM YOUR BOX

CAULIFLOWER	1/2
BROWN ONION	1
CELERY STALK	1
CARROT	1
ROSEMARY SPRIG	1
TINNED LENTILS	400g
TOMATO SUGO	1 jar
GARLIC CLOVE	1
LUPIN CRUMB	20g
ROCKET	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar

KEY UTENSILS

frypan, saucepan, oven dish, stick mixer or food processor (optional)

NOTES

Cook the lentil and vegetable filling in an oven proof frypan if you have one. This will save you using an oven dish in step 5.

If you don't want to make a pie, you can serve the lentils on a bed of cauliflower mash instead!

Due to unavailability of watercress, we replaced it with rocket.



1. COOK THE CAULIFLOWER

Set oven grill to 220°C.

Bring a saucepan of water to a boil. Cut **cauliflower** into florets. Add to boiling water to cook for 10 minutes, or until softened (see step 4).



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil** (see notes). Dice **onion**, **celery** and **carrot**. Add to pan as you go. Cook for 5 minutes.



3. ADD LENTILS AND SIMMER

Chop **rosemary leaves**. Add to pan along with drained **lentils** and **tomato sugo**. Simmer for 5 minutes (add a little water if needed). Season with **salt and pepper** to taste.



4. BLEND THE CAULIFLOWER

Drain **cauliflower** and return to pan along with crushed **garlic clove**. Blend or mash **cauliflower** until smooth. Season with **salt and pepper** to taste.



5. BAKE THE PIE

Transfer **lentil sauce** to an oven dish and spread over **cauliflower mash** (see notes). Sprinkle with **lupin crumb**. Drizzle with **olive oil** and grill in oven for 5 minutes, or until golden.



6. FINISH AND SERVE

Dress **rocket** with **1/2 tbsp olive oil** and **1/2 tbsp vinegar**. Serve with **lentil pie** at the table.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

