

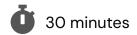




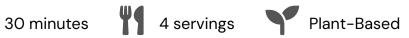
Lentil Cottage Pie

with Cauliflower Top

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







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.

TOTAL FAT CARBOHYDRATES

18g

42g

FROM YOUR BOX

CAULIFLOWER	1
BROWN ONION	1
CELERY STALKS	2
CARROTS	2
ROSEMARY SPRIG	1
TINNED LENTILS	2 x 400g
TOMATO SUGO	1 jar
TOMATO PASTE	1 sachet
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 large 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 **carrots**. 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, tomato sugo, tomato paste and 1/2 jar water. Simmer for 5 minutes. 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



