



### 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

Beluga 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

17 March 2023

## 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** 19g **TOTAL FAT** 12g **CARBOHYDRATES** 45g

## FROM YOUR BOX

CAULIFLOWER	1/2
BROWN ONION	1
CELERY STALK	1
CARROT	1
ROSEMARY STALK	1
TINNED BELUGA LENTILS	400g
TOMATO SUGO	1 jar
LUPIN CRUMB	1 packet
WATERCRESS	1 sleeve

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove, red wine vinegar

## KEY UTENSILS

large frypan with lid, saucepan, oven dish, stick mixer or food processor

## 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!



### 1. COOK THE CAULIFLOWER

Set oven grill to 220°C.

Bring a large saucepan of water to a boil. Cut cauliflower into small florets. Add to boiling water to cook for 8-10 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. Cover and simmer for 5 minutes. Season with **salt and pepper** to taste.



### 4. BLEND THE CAULIFLOWER

Drain cauliflower and return to pan along with **1 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 watercress 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**

