



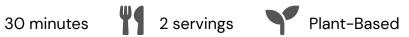
Lentil Cottage Pie

with Cauliflower Top

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







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

19g

12g

45g

17 March 2023

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.

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