



Plant-Based Mince & Mushroom Pie

with Baby Spinach & Mash Potato Topping

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Onion



Celery



Garlic



Portabello Mushrooms



Plant-Based Mince



Aussie Spice Blend



Tomato Paste



Baby Spinach Leaves



Chilli Flakes (Optional)



Beef Mince

Prep in: 25-35 mins
Ready in: 40-50 mins

Calorie Smart



Plant Based*

*Custom Recipe is not Plant Based

There's no need to wait in line at the bakery to get your hands on a comforting pie when you can whip one up at home in no time. For the filling, bake a saucy veggie mince with mushrooms and spinach then spread over a mash potato top. There you have it, one tasty pie straight from your own oven!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
plant-based butter*	20g	40g
plant-based milk*	2 tbs	¼ cup
onion	1 (medium)	1 (large)
celery	1 stalk	2 stalks
garlic	3 cloves	6 cloves
portabello mushrooms	1 packet	1 packet
plant-based mince	1 packet	2 packets
Aussie spice blend	1 sachet	1 sachet
tomato paste	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
baby spinach leaves	1 small bag	1 medium bag
chilli flakes (optional)	pinch	pinch
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2294kJ (548Cal)	412kJ (98Cal)
Protein (g)	29.8g	5.4g
Fat, total (g)	22.5g	4g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	52g	9.3g
- sugars (g)	19.8g	3.6g
Sodium (mg)	1518mg	273mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2486kJ (594Cal)	427kJ (102Cal)
Protein (g)	38.4g	6.6g
Fat, total (g)	26.6g	4.6g
- saturated (g)	13.4g	2.3g
Carbohydrate (g)	45.2g	7.8g
- sugars (g)	18.6g	3.2g
Sodium (mg)	810mg	139mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Make the mash

- Boil the kettle. Peel **potato** and cut into large chunks.
- Half-fill a large saucepan with boiling water.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **plant-based butter** and **plant-based milk** to the **potato** and season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Cook the filling

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **plant-based mince**, **onion** and **celery**, stirring, until softened, **6-7 minutes**.
- Add **garlic**, **Aussie spice blend** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Reduce heat to medium, then add the **brown sugar** and **water**, and simmer until slightly thickened, **2-3 minutes**.
- Remove pan from heat, add **baby spinach leaves** and stir until slightly wilted. Season with **pepper**.

Custom Recipe: If you've swapped from plant-based mince to beef mince, cook in the same way as the veggie mince.



Get prepped

- Preheat the grill to high. Finely chop **onion**, **celery** and **garlic**. Thinly slice **portabello mushrooms**.



Grill the pie

- Transfer **veggie mince filling** to the baking dish with the mushrooms. Spread evenly with **mashed potato**.
- Drizzle with **olive oil** and sprinkle with **chilli flakes** (if using).
- Grill **pie** until golden, **12-14 minutes**.



Cook the mushrooms

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **mushrooms**, stirring, until tender, **4-6 minutes**. Transfer to a baking dish.



Serve up

- Divide veggie mince and mushroom pie between plates. Enjoy!

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