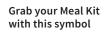


Plant-Based Mince & Mushroom Pie

with Baby Spinach & Mash Potato Topping

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR















Celery



Portabello Mushrooms



Plant-Based



Aussie Spice



Tomato Paste

Blend



Baby Spinach Leaves



Chilli Flakes (Optional)



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





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!

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

3				
	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	1/4 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

2023 | CW25



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.



Get prepped

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



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.



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.



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.



Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate