



# Bacon, Feta & Pumpkin Filo Pie

with Leek & Parsley

WINTER WARMERS

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Diced Bacon



Leek



Parsley



Aussie Spice Blend



Cow's Milk Feta



Filo Pastry

Prep in: **15-25 mins**  
Ready in: **40-50 mins**

This cosy dinner packs in a veggie-loaded bacon base that's full of flavour, then tops off the whole dish with a light and flakey filo pastry. Be sure to serve it fresh from the oven for an optimally crisp pastry!

### Pantry items

Olive Oil, Plain Flour, Butter



## 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

Medium or large baking dish · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)
diced bacon	1 packet	1 packet
leek	1	2
parsley	1 bag	1 bag
Aussie spice blend	1 sachet	1 sachet
<b>plain flour*</b>	1 tsp	2 tsp
<b>butter*</b> (for the sauce)	20g	40g
<b>water*</b>	¾ cup	1½ cups
cow's milk feta	¼ packet	½ packet
<b>butter*</b> (for the pastry)	30g	60g
filo pastry	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2719kJ (650Cal)	660kJ (158Cal)
Protein (g)	21g	5.1g
Fat, total (g)	39.6g	9.6g
- saturated (g)	21.5g	5.2g
Carbohydrate (g)	49.3g	12g
- sugars (g)	11.9g	2.9g
Sodium (mg)	1463mg	355mg

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

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## Roast the pumpkin & bacon

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** and **diced bacon** in a baking dish. Drizzle with **olive oil** and season with **pepper**. Toss to coat, then roast until tender and golden, **20-25 minutes**.
- Meanwhile, thinly slice **leek**. Pick and roughly chop **parsley**.

**Little cooks:** Take the lead by tossing the pumpkin and bacon!

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## Assemble & bake the pie

- Lightly crush **roasted pumpkin** with a fork, then pour **leek sauce** over **pumpkin** and **bacon**. Crumble over **feta** (see ingredients).
- In a small heatproof bowl, add **butter (for the pastry)**. Microwave in **10 second** bursts until melted.
- Lightly scrunch each sheet of **filo pastry** and place on top of **pumpkin mixture** to completely cover. Brush **melted butter** over to coat filo.
- Bake **pie** until pastry is golden, **15-20 minutes**.

**Little cooks:** Kids can take charge of assembling the pastry!

2



## Cook the leek sauce

- When pumpkin and bacon have **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **leek**, stirring, until softened, **3-4 minutes**.
- Add **Aussie spice blend**, the **plain flour** and **butter (for the sauce)** and cook, stirring, until fragrant, **1 minute**.
- Add the **water** and cook, stirring, until slightly reduced, **1-2 minutes**.

4



## Serve up

- Divide bacon, feta and pumpkin filo pie between plates.
- Garnish with parsley to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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