



Mumbai-Style Beef & Pork Pie

with Cheesy Veggie Mash Topping

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Parsnip



Baby Spinach Leaves



Beef & Pork Mince



Bengal Curry Paste



Mumbai Spice Blend



Garlic Paste



Tomato Paste



Shredded Cheddar Cheese



Shredded Cheddar Cheese

Recipe Update

Unfortunately, this week's silverbeet was in short supply, so we've replaced it with baby spinach. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins



Carb Smart*

*Custom Recipe is not Carb Smart

Potato topped pie is a weeknight dish we wait in anticipation for. Contain your excitement because this one has cauliflower mashed into the topping and baked on richly spiced beef mince. We know you'll love the moment when the topping is pulled apart and the Cheddar cheese stretches with it.

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

Pantry items

Olive Oil, Butter, 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	1	2
carrot	1	2
parsnip	1	2
baby spinach leaves	1 medium bag	1 large bag
butter*	10g	20g
beef & pork mince	1 packet	1 packet
Bengal curry paste	1 packet (50g)	1 packet (100g)
Mumbai spice blend	1 sachet	2 sachets
garlic paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2595kJ (620Cal)	552kJ (132Cal)
Protein (g)	38.1g	8.1g
Fat, total (g)	34.6g	7.4g
- saturated (g)	15.8g	3.4g
Carbohydrate (g)	39.3g	8.4g
- sugars (g)	17.7g	3.8g
Sodium (mg)	1179mg	251mg
Dietary Fibre (g)	8.2g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2953kJ (706Cal)	602kJ (144Cal)
Protein (g)	42.7g	8.7g
Fat, total (g)	42.1g	8.6g
- saturated (g)	20.3g	4.1g
Carbohydrate (g)	39.3g	8g
- sugars (g)	17.7g	3.6g
Sodium (mg)	1318mg	269mg

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



Get prepped

- Boil the kettle. Half-fill a large saucepan with boiling water.
- Peel **potato**, **carrot** and **parsnip** and cut into small chunks. Roughly chop **baby spinach leaves**.

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



Assemble the pie

- Transfer the **mince filling** to a baking dish, then spread the **veggie mash** over the top.
- Sprinkle over **shredded Cheddar cheese**.

Little cooks: Add the finishing touch by sprinkling the cheese on top.

Custom Recipe: If you've doubled your shredded Cheddar cheese, sprinkle over as above.



Make the veggie mash

- Cook **potato**, **parsnip** and **carrot** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return **veggies** to the pan, then add the **butter** and a good pinch of **salt**. Mash until smooth and cover to keep warm. Set aside.
- Preheat grill to high.

Little cooks: Get those muscles working and help mash the veggies!



Grill the pie

- Grill **pie** until lightly golden, **5-10 minutes**.



Cook the filling

- While the veggies are cooking, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **beef & pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- **SPICY!** This is a mild curry paste, but use less if you're sensitive to heat! Add **Bengal curry paste**, **Mumbai spice blend**, **garlic paste** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Add **baby spinach**, the **brown sugar** and **water** and cook until slightly reduced, **2-3 minutes**. Season generously with **salt**.

TIP: For best results, drain the oil from the pan before adding the aromatics.



Serve up

- Divide Mumbai-style beef and pork with cheesy veggie mash top pie between plates. Enjoy!

Rate your recipe

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