



Quick Hearty Pork & Hidden Veggie Pie

with Filo Pastry & Baby Spinach

CUSTOMER FAVOURITE

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Carrot



Courgette



Onion



Pork Mince



Aussie Spice Blend



Tomato Paste



Garlic & Herb Seasoning



Baby Spinach Leaves



Filo Pastry



Beef Mince

Recipe Update

Unfortunately, this week's celery was in short supply, so we've replaced it with courgette. 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: 45-55 mins

Follow the scent of baked filo pastry pie to the dinner table. Cut a slice for yourself to enjoy the hidden veggies like carrot and courgette, cooked in a tomato based pork filling. Go on, we know you want another slice, we sure do!

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

Pantry items

Olive Oil, Butter, Plain Flour, Milk

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 frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
onion	1 (medium)	1 (large)
pork mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
butter* (for the sauce)	20g	40g
plain flour*	1 tsp	2 tsp
garlic & herb seasoning	1 medium sachet	1 large sachet
milk*	¾ cup	1½ cups
water*	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
butter* (for the pastry)	30g	60g
filo pastry	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2964kJ (708Cal)	590kJ (141Cal)
Protein (g)	36.6g	7.3g
Fat, total (g)	35.7g	7.1g
- saturated (g)	19g	3.8g
Carbohydrate (g)	59.6g	11.9g
- sugars (g)	16g	3.2g
Sodium (mg)	1602mg	319mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3255kJ (778Cal)	648kJ (155Cal)
Protein (g)	40.8g	8.1g
Fat, total (g)	40.2g	8g
- saturated (g)	21.8g	4.3g
Carbohydrate (g)	59.6g	11.9g
- sugars (g)	16g	3.2g
Sodium (mg)	1567mg	312mg

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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Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate the **carrot**. Finely chop **courgette** and **onion**.

Little cooks: Under adult supervision, older kids can help grate the carrot.



Assemble the pie

- Remove pan from heat, add **baby spinach leaves** and stir to combine.
- Transfer **pork filling** to a baking dish.



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.

Custom Recipe: If you've swapped to beef mince, cook beef in the same way as above.



Bake the pie

- 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 the **pork filling** to completely cover. Gently brush **melted butter** over to coat.
- Bake **pie** until pastry is golden, **20-25 minutes**.

Little cooks: Kids can take the lead by scrunching the fillo pastry!



Finish the filling

- Add **carrot**, **courgette** and **onion** to the pan, stirring, until softened, **4-6 minutes**.
- Add **Aussie spice blend**, **tomato paste**, **butter (for the sauce)** and the **plain flour** and cook, stirring, until fragrant, **1-2 minutes**.
- Reduce heat to medium, then add **garlic & herb seasoning**, the **milk** and **water** and cook, stirring, until reduced, **2-3 minutes**.



Serve up

- Divide pork and hidden veggie fillo pie between plates. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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