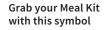


# Quick Hearty Pork & Hidden Veggie Pie with Filo Pastry & Baby Spinach

**CUSTOMER FAVOURITE** 

KID FRIENDLY

BESTSELLER











Pork Mince

Tomato Paste





Onion



**Aussie Spice** Blend



Seasoning



Filo Pastry





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!

**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

| ingi ediento                |                 |                                      |  |  |
|-----------------------------|-----------------|--------------------------------------|--|--|
|                             | 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<br>blend       | 1 sachet        | 1 sachet                             |  |  |
| tomato paste                | 1 packet        | 2 packets                            |  |  |
| butter*<br>(for the sauce)  | 20g             | 40g                                  |  |  |
| plain flour*                | 1 tsp           | 2 tsp                                |  |  |
| garlic & herb<br>seasoning  | 1 medium sachet | 1 large sachet                       |  |  |
| milk*                       | ¾ cup           | 1½ cups                              |  |  |
| water*                      | 1/4 cup         | ½ cup                                |  |  |
| baby spinach<br>leaves      | 1 small bag     | 1 medium bag                         |  |  |
| butter*<br>(for the pastry) | 30g             | 60g                                  |  |  |
| filo pastry                 | 1 medium packet | 1 large packet                       |  |  |
| beef mince**                | 1 small packet  | 2 small packets<br>OR 1 large packet |  |  |

<sup>\*</sup>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

**2023** | CW43



# 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.



# 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.



# 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.



# Assemble the pie

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



# 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 filo pastry!



# Serve up

Divide pork and hidden veggie filo pie between plates. Enjoy!



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