



Middle Eastern Beef, Pork & Cauliflower Pie

with Veggie Mash Topping

Grab your Meal Kit with this symbol



Cauliflower



Potato



White Turnip



Beef & Pork Mince



Soffritto Mix



Middle Eastern Seasoning



Tomato Paste



Beef-Style Stock Powder

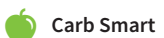


Baby Spinach Leaves



Lamb Mince

Prep in: 20-30 mins
Ready in: 35-45 mins



You can have anything you want in a pie, it's totally up to your tastebuds. May we suggest though, this beef and pork version with Middle Eastern tastes and a variety of oven-roasted veggies. Give this pie a real hit of deliciousness by baking a mix of potato mash and turnip on top to make the lid of the pie.

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

Pantry items

Olive Oil, 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 · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
potato	1	2
white turnip	1	2
butter*	20g	40g
beef & pork mince	1 packet	1 packet
soffritto mix	1 packet (150g)	1 packet (300g)
Middle Eastern seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
beef-style stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
water*	¾ cup	1½ cups
lamb mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2231kJ (533Cal)	433kJ (103Cal)
Protein (g)	34.4g	6.7g
Fat, total (g)	28.6g	5.6g
- saturated (g)	13g	2.5g
Carbohydrate (g)	32.1g	6.2g
- sugars (g)	16.6g	3.2g
Sodium (mg)	1213mg	236mg
Dietary Fibre (g)	9.4g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1821kJ (435Cal)	354kJ (85Cal)
Protein (g)	33.2g	6.4g
Fat, total (g)	18.1g	3.5g
- saturated (g)	8.4g	1.6g
Carbohydrate (g)	32.1g	6.2g
- sugars (g)	16.6g	3.2g
Sodium (mg)	1227mg	mg
Dietary fibre	9.4g	1.8g

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://www.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



1



Roast the cauliflower

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **cauliflower** into small florets. Place **cauliflower** in a baking dish, then drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender and brown around the edges, **15-20 minutes**.

4



Finish the filling

- Reduce heat to medium, then add **beef-style stock powder**, **baby spinach leaves** and the **water** and cook, stirring, until reduced, **1-2 minutes**. Season to taste.

TIP: Add a dash more water if the mince is dry!

2



Make the mash

- Meanwhile, bring a medium saucepan of salted water to the boil.
- Peel **potato** and **white turnip**. Cut **potato** into large chunks. Cut **turnip** into small chunks.
- Cook **potato** and **turnip** in the boiling water, over high heat, until easily pierced with a fork, **16-18 minutes**.
- Drain and return **veggies** to the pan. Add the **butter** and a good pinch of **salt**. Mash until smooth. Cover to keep warm.

5



Bake the pie

- Preheat grill to high.
- To the baking dish with **cauliflower**, add **mince filling**.
- Spread **veggie mash** over evenly, then grill **pie** until golden, **5-10 minutes**.

3



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef & pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **soffritto mix** and cook until tender, **3-4 minutes**.
- Add **Middle Eastern seasoning** and **tomato paste** and cook, stirring, until fragrant, **1 minute**.

Custom Recipe: If you've swapped beef & pork mince for lamb mince, cook in the same way as above.

6



Serve up

- Divide Middle Eastern beef, pork and cauliflower pie with veggie mash topping between plates. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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