



Rustic Mushroom & Mixed Mash Pie

with Veggies & Golden Panko Topping

NEW

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Carrot



Leek



Button Mushrooms



Aussie Spice Blend



Vegetable Stock Powder



Tomato Sugo



Panko Breadcrumbs



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins



Plant Based*
**Custom Recipe is not Plant Based*



Eat Me Early*
**Custom Recipe only*



Calorie Smart

A mushroom pie, you can find them in any bakery but we think this one has a special touch above the rest - it's made by you! A tomato sauce mushroom filling goes the extra mile with veggie additions like leek and carrot to pack this pie up with a perfect ribbon.

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

Pantry items

Olive Oil, 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	2	4
parsnip	1	2
garlic	2 cloves	4 cloves
carrot	1	2
leek	1	2
button mushrooms	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
tomato sugo	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
panko breadcrumbs	½ medium packet	1 medium packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1581kJ (378Cal)	223kJ (53Cal)
Protein (g)	16.7g	2.4g
Fat, total (g)	3.4g	0.5g
- saturated (g)	0.2g	0g
Carbohydrate (g)	68.5g	9.7g
- sugars (g)	26.1g	3.7g
Sodium (mg)	1277mg	180mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2326kJ (556Cal)	268kJ (64Cal)
Protein (g)	49.8g	5.7g
Fat, total (g)	8.7g	1g
- saturated (g)	1.7g	0.2g
Carbohydrate (g)	69.3g	8g
- sugars (g)	26.2g	3g
Sodium (mg)	1376mg	158mg

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



1 Make the veggie mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and **parsnip**, then cut both into large chunks. Peel **garlic** cloves.
- Cook **veggies** and **garlic** in the boiling water, over high heat, until potato is easily pierced with a fork, **12-15 minutes**. Drain, then return **veggies** and **garlic** to the pan.
- Add a drizzle of **olive oil** and season with **salt**. Mash until smooth.



4 Make the sauce

- Add **Aussie spice blend** and cook until fragrant, **1 minute**.
- Add **vegetable stock powder**, **tomato sugo**, the **brown sugar** and **water** and cook, stirring, until thickened, **1-2 minutes**.



2 Get prepped

- Meanwhile, preheat grill to high.
- Finely chop **carrot**. Thinly slice **leek**. Thinly slice **button mushrooms**.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks.



5 Assemble the pie

- Transfer **mushroom filling** to a baking dish. Spread evenly with the **mash** and sprinkle over **panko breadcrumbs** (see ingredients).
- Drizzle with **olive oil** and season generously with **salt** and **pepper**.
- Grill **pie** until lightly golden, **5-7 minutes**.



3 Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** until browned and softened, **4-6 minutes**.
- Add **carrot** and **leek** and cook until softened, **4-5 minutes**.

Custom Recipe: Cook chicken with mushrooms, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue as above.



6 Serve up

- Divide mushroom and mixed mash pie between plates. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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