



# Mumbai-Spiced Beef & Pork Pie

with Cheesy Mixed Mash Topping & Pear Salad

EXPLORER

Grab your Meal Kit with this symbol



Potato



Cauliflower



Beef & Pork Mince



Bengal Curry Paste



Mumbai Spice Blend



Tomato Paste



Baby Spinach Leaves



Shredded Cheddar Cheese



Pear



Mixed Salad Leaves



Diced Bacon

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 and pork mince. We know you'll love 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, White Wine Vinegar

## 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 saucepan · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
cauliflower	1 portion (200g)	1 portion (400g)
<b>butter*</b>	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
tomato paste	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	½ cup	1 cup
baby spinach leaves	1 small bag	1 medium bag
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
pear	1	2
mixed salad leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2603kJ (622Cal)	535kJ (128Cal)
Protein (g)	39g	8g
Fat, total (g)	33.9g	7g
- saturated (g)	15.8g	3.2g
Carbohydrate (g)	38g	7.8g
- sugars (g)	20.6g	4.2g
Sodium (mg)	918mg	189mg
Dietary Fibre (g)	6.9g	1.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3188kJ (762Cal)	594kJ (142Cal)
Protein (g)	47g	8.8g
Fat, total (g)	46g	8.6g
- saturated (g)	20.2g	3.8g
Carbohydrate (g)	38g	7.1g
- sugars (g)	20.6g	3.8g
Sodium (mg)	1317mg	245mg

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 Cook the cauliflower & potato

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Peel **potato** and cut into large chunks. Cut **cauliflower** into small florets.
- Cook **potato** and **cauliflower** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.

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



## 4 Grill the pie

- Transfer the **mince filling** to a baking dish, then spread the **cauli-potato mash** over the top.
- Sprinkle over **shredded Cheddar cheese**.
- Grill **pie** until lightly golden, **5-10 minutes**.



## 2 Make the mash

- Add the **butter** and a good pinch of **salt** to the saucepan of **veggies**. Mash until smooth and cover to keep warm.
- Preheat the grill to high.



## 5 Make the salad

- Meanwhile, thinly slice **pear**.
- In a medium bowl, combine **pear**, **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



## 3 Cook the beef & pork 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!** The curry paste is mild, but use less if you're sensitive to heat. Add **Bengal curry paste** and **Mumbai spice blend** and cook until fragrant, **1 minute**.
- Add **tomato paste**, the **brown sugar** and **water** and cook until slightly reduced, **1-2 minutes**. Season generously with **salt**.
- Stir through **baby spinach leaves** until wilted, **1 minute**.

**Custom Recipe:** If you've added diced bacon to your meal, heat the pan as above and cook bacon before the mince, breaking up with a spoon, until golden, 6-7 minutes. Continue with step.



## 6 Serve up

- Divide Mumbai-spiced beef and pork pie with cheesy mixed mash topping between plates.
- Serve with pear salad. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)