



Moroccan Black Bean Filo Pie

with Coconut Sauce & Roasted Veggies

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Parsnip



Carrot



Onion



Black Beans



Moroccan Curry Paste



Garlic & Herb Seasoning



Light Coconut Milk



Vegetable Stock Powder



Baby Kale



Filo Pastry



Beef Mince

Recipe Update

Unfortunately, this week's chickpeas were in short supply, so we've replaced them with black beans. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins
Ready in: 40-50 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

You don't need to visit a bakery to try out this black bean pie. You can easily make it at home and eat it piping hot from the oven. Enjoy the pop of coconut flavours in the sauce and the roast veggies.

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

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

Ingredients

| | 2 People | 4 People |
|-------------------------|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| parsnip | 1 | 2 |
| carrot | 1 | 2 |
| onion | 1 (medium) | 1 (large) |
| black beans | 1 tin | 2 tins |
| Moroccan curry paste | 1 medium packet | 1 large packet |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| light coconut milk | 1 small packet | 1 medium packet |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| baby kale | 1 medium bag | 1 large bag |
| butter* | 20g | 40g |
| 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) | 2388kJ (570Cal) | 472kJ (112Cal) |
| Protein (g) | 19.3g | 3.8g |
| Fat, total (g) | 28.5g | 5.6g |
| - saturated (g) | 20g | 4g |
| Carbohydrate (g) | 83.7g | 16.6g |
| - sugars (g) | 16.9g | 3.3g |
| Sodium (mg) | 1760mg | 348mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3584kJ (856Cal) | 568kJ (135Cal) |
| Protein (g) | 47.8g | 7.6g |
| Fat, total (g) | 46.3g | 7.3g |
| - saturated (g) | 27.9g | 4.4g |
| Carbohydrate (g) | 83.7g | 13.3g |
| - sugars (g) | 16.9g | 2.7g |
| Sodium (mg) | 1812mg | 287mg |

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



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **parsnip** and **carrot** into bite-sized chunks. Slice **onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender and brown around edges, **20-25 minutes**.

3



Bake the pie

- Transfer **veggie filling** to a baking dish.
- To a small microwave-safe bowl, add the **butter** and microwave in **10 second** bursts until melted.
- Lightly scrunch each sheet of **filo pastry** and place on top of **veggie mixture** to completely cover.
- Gently brush melted **butter** over to coat.
- Bake **pie** until golden, **15-20 minutes**.

2



Start the filling

- When veggies have **5 minutes** remaining, drain and rinse **black beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- **SPICY!** This is a mild curry paste, but use less if you're sensitive to heat! Cook **Moroccan curry paste** and **garlic & herb seasoning** until fragrant, **1 minute**. Add **light coconut milk** and **vegetable stock powder**. Stir to combine and cook until slightly thickened, **2-3 minutes**.
- Remove from heat, then stir through **baby kale**, **roasted veggies** and **black beans**.

Custom Recipe: If you've added beef mince, cook beef with Moroccan curry paste and garlic & herb seasoning, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.

4



Serve up

- Divide Moroccan black bean fillo pie between plates. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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