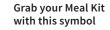
Moroccan Black Bean Filo Pie

with Coconut Sauce & Roasted Veggies

CLIMATE SUPERSTAR











Onion

Black Beans



Moroccan Curry

Garlic & Herb Seasoning



Light Coconut



Vegetable Stock Powder





Baby Kale



Filo Pastry





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



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.

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

Per Serving	Per 100g
2388kJ (570Cal)	472kJ (112Cal)
19.3g	3.8g
28.5g	5.6g
20g	4g
83.7g	16.6g
16.9g	3.3g
1760mg	348mg
	2388kJ (570Cal) 19.3g 28.5g 20g 83.7g 16.9g

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.

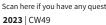
Allergens

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







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.



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.



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.



Serve up

• Divide Moroccan black bean filo pie between plates. Enjoy!

Rate your recipe