



Hearty Mushroom & Veggie Filo Pie

with Pepper Gravy Sauce

FESTIVE FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Courgette



Onion



Mushrooms



Black Peppercorns



Aussie Spice Blend



Tinned Tomatoes



Gravy Granules



Filo Pastry

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins
Ready in: 50-60 mins



Calorie Smart



Plant Based

Veggie pie, veggie pie you are the apple of our eye. Take a bite and feel yourself melt into the saucy flavours of the mushrooms and veggies. Enjoy the crunch of the filo and the kick of the peppercorn gravy stirred through the filling. This might be the perfect pie that will have everyone singing your praises.

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 frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
onion	1 (medium)	1 (large)
mushrooms	2 packets	4 packets
black peppercorns	½ sachet	1 sachet
Aussie spice blend	1 medium sachet	1 large sachet
tinned tomatoes	1 packet	2 packets
gravy granules	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	¾ cup	1½ cups
filo pastry	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1416kJ (338Cal)	246kJ (59Cal)
Protein (g)	14.5g	2.5g
Fat, total (g)	3g	0.5g
- saturated (g)	0.5g	0.1g
Carbohydrate (g)	61.6g	10.7g
- sugars (g)	14.9g	2.6g
Sodium (mg)	1250mg	217mg

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **carrot, courgette** and **onion**. Thinly slice **mushrooms**.
- Crush **black peppercorns (see ingredients)** with a mortar and pestle, or in their sachet using a rolling pin.



Add the sauce

- Add **peppercorns, Aussie spice blend** and **tinned tomatoes**, and cook until fragrant, **1-2 minutes**.
- Remove pan from heat, then add **gravy granules, brown sugar, mushrooms** and the **water** and stir until combined.
- Transfer the **filling** to a baking dish.



Cook the mushrooms

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** until browned and softened, **8-10 minutes**. Transfer to a bowl.



Bake the pie

- Lightly scrunch each sheet of **filo pastry** and place on top of **mushroom mixture** to completely cover.
- Gently brush (or spray) filo pastry with **olive oil**. Bake **pie** until golden, **20-25 minutes**.



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot, courgette** and **onion**, until tender, **4-5 minutes**.



Serve up

- Divide mushroom and veggie filo pie between plates. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2023 | CW52

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate