



# Hearty Pork & Hidden Veggie Pie

with Filo Pastry & Baby Spinach

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Celery



Onion



Pork Mince



Aussie Spice Blend



Tomato Paste



Garlic & Herb Seasoning



Baby Spinach Leaves



Filo Pastry



Beef Mince

Prep in: 20-30 mins  
Ready in: 45-55 mins

Follow the scent of baked filo pastry pie to the dinner table. Cut a slice for yourself to enjoy the hidden veggies like carrot and celery, cooked in a tomato based pork filling. Go on, we know you want another slice, we sure do!

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

### Pantry items

Olive Oil, Butter, Plain Flour, Milk



## 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
onion	½	1
pork mince	1 packet	1 packet
Aussie spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
<b>butter*</b> (for the sauce)	20g	40g
<b>plain flour*</b>	1 tsp	2 tsp
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>milk*</b>	¾ cup	1½ cups
<b>water*</b>	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
<b>butter*</b> (for the pastry)	30g	60g
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)	2964kJ (708Cal)	590kJ (141Cal)
Protein (g)	36.6g	7.3g
Fat, total (g)	35.7g	7.1g
- saturated (g)	19g	3.8g
Carbohydrate (g)	59.6g	11.9g
- sugars (g)	16g	3.2g
Sodium (mg)	1602mg	319mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3255kJ (778Cal)	648kJ (155Cal)
Protein (g)	40.8g	8.1g
Fat, total (g)	40.2g	8g
- saturated (g)	21.8g	4.3g
Carbohydrate (g)	59.6g	11.9g
- sugars (g)	16g	3.2g
Sodium (mg)	1581mg	315mg

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://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



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **carrot**. Finely chop **celery** and **onion** (see **ingredients**).

**Little cooks:** Under adult supervision, older kids can help grate the carrot.



## Assemble the pie

- Remove pan from heat, add **baby spinach leaves** and stir to combine.
- Transfer **pork filling** to a baking dish.



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.

**Custom Recipe:** If you've swapped to beef mince, cook beef in the same way as above.



## Bake the pie

- In a small microwave-safe bowl, add **butter (for the pastry)**. Microwave in **10 second** bursts until melted.
- Lightly scrunch each sheet of **filo pastry** and place on top of the **pork filling** to completely cover. Gently brush **melted butter** over to coat.
- Bake **pie** until pastry is golden, **20-25 minutes**.

**Little cooks:** Kids can take the lead by scrunching the fillo pastry!



## Finish the filling

- Add **carrot**, **celery** and **onion** to the pan, stirring, until softened, **4-6 minutes**.
- Add **Aussie spice blend**, **tomato paste**, **butter (for the sauce)** and the **plain flour** and cook, stirring, until fragrant, **1-2 minutes**.
- Reduce heat to medium, then add **garlic & herb seasoning**, the **milk** and **water** and cook, stirring, until reduced, **2-3 minutes**.



## Serve up

- Divide pork and hidden veggie fillo pie between plates. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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