



Mexican Red Kidney Bean & Veggie Filo Pie

with Cucumber Salad & Coriander

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Carrot



Cucumber



Sweetcorn



Red Kidney Beans



Tomato Paste



Mexican Fiesta Spice Blend



Vegetable Stock Powder



Filo Pastry



Mixed Salad Leaves



Coriander



Shredded Cheddar Cheese

Prep in: 15-25 mins
Ready in: 45-55 mins

Calorie Smart

When you fuse beans and pastry you get this amazing red kidney bean filo pastry pie. There's veggies packed in and cooked through a fiery tomato sauce to make a filling that will make your mouth water. It's a perfect combination!

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

Pantry items

Olive Oil, Butter, 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

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
carrot	1	2
cucumber	1 (medium)	1 (large)
sweetcorn	½ large tin	1 large tin
red kidney beans	1 packet	2 packets
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
water*	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
butter*	40g	80g
filo pastry	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
coriander	½ packet	1 packet
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2626kJ (628Cal)	473kJ (113Cal)
Protein (g)	19.5g	3.5g
Fat, total (g)	25.6g	4.6g
- saturated (g)	12.5g	2.3g
Carbohydrate (g)	74.9g	13.5g
- sugars (g)	13.7g	2.5g
Sodium (mg)	1819mg	328mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2637kJ (630Cal)	475kJ (114Cal)
Protein (g)	19.4g	3.5g
Fat, total (g)	25.6g	4.6g
- saturated (g)	12.5g	2.3g
Carbohydrate (g)	74.5g	13.4g
- sugars (g)	10.8g	1.9g
Sodium (mg)	1820mg	328mg

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

2024 | CW10



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Meanwhile, finely chop **onion** (see ingredients). Grate **carrot**. Slice **cucumber** into rounds.
- Drain **sweetcorn** (see ingredients). Drain and rinse **red kidney beans**.

3



Bake the pie

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

Custom Recipe: If you've added shredded Cheddar cheese, sprinkle cheese over the veggie filling before adding the filo pastry.

2



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **red kidney beans, onion, carrot** and **corn**, stirring, until browned and softened, **6-8 minutes**.
- **SPICY!** The spice blend is hot! Add less if you're sensitive to heat. Add **tomato paste** and **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**.
- Add the **water**, **vegetable stock powder** and half the **butter**, then stir to combine and simmer until slightly thickened, **1-2 minutes**. Transfer **veggie filling** to a baking dish.

4



Serve up

- Meanwhile, combine **mixed salad leaves**, cucumber and a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season to taste.
- Divide Mexican red kidney bean and veggie filo pie between plates.
- Tear over **coriander** (see ingredients). Serve with cucumber salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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