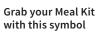


Mexican Red Kidney Bean & Veggie Filo Pie

with Cucumber Salad & Coriander

NEW

CLIMATE SUPERSTAR











Cucumber





Tomato Paste

Beans





Mexican Fiesta Spice Blend

Vegetable Stock Powder





Mixed Salad

Leaves

Filo Pastry





Coriander



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!



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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
onion	1/2	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





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.



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.



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.



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!



