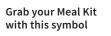


Classic Veggie Mince Potato-Topped Pie with Sesame Seeds & Tomato Salad

ALTERNATIVE PROTEIN

NEW

CLIMATE SUPERSTAR













Carrot









Garlic & Herb



Tomato Paste

Seasoning



Vegetable Stock



Powder

Sesame Seeds



Mixed Salad Leaves



Prep in: 20-30 mins Ready in: 30-40 mins



It's pie time, but with a new twist to brighten up this classic. The veggie mince filling is cooked in a tomato-based sauce, and topped with creamy golden mash. There's even a sprinkle of sesame seeds for some added texture and a tomato salad for refreshing crunch!

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk, Brown Sugar, Vinegar (White Wine or Balsamic)

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

 $\label{eq:large-sauce-pan-Large-frying-pan-Medium} \text{ arge-baking dish}$ dish

Ingredients

<u> </u>		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
plant-based butter*	40g	80g
plant-based milk*	2 tbs	1/4 cup
garlic	2 cloves	4 cloves
carrot	1	2
leek	1	2
tomato	1	2
plant-based mince	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
sesame seeds	1 medium sachet	1 large sachet
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3329kJ (796Cal)	483kJ (115Cal)
Protein (g)	32.8g	4.8g
Fat, total (g)	39.3g	5.7g
- saturated (g)	13.7g	2g
Carbohydrate (g)	75.2g	10.9g
- sugars (g)	38.1g	5.5g
Sodium (mg)	1891mg	274mg
Dietary Fibre (g)	16.1g	2.3g
Custom Recipe		

Per Servina Per 100a Avg Qty Energy (kJ) 3521kJ (842Cal) 493kJ (118Cal) 5.8g Protein (g) 41.4g 43.5g Fat, total (g) 6.1g - saturated (g) 20.3g 2.8g Carbohydrate (g) 68.4g 9.6g 36.9g - sugars (g) 5.2g Sodium (mg) 1197mg 167mg Dietary fibre 10.5g 1.5g

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.



Make the mash

- Preheat grill to high. Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
- Peel potato and cut into large chunks.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
 Drain and return to the pan.
- Add the plant-based butter and plant-based milk to the potato and season with salt. Mash until smooth.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Get prepped

 Meanwhile, finely chop garlic and carrot. Thinly slice leek. Roughly chop tomato.



Cook the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook plant-based mince, carrot and leek, stirring, until softened, 6-7 minutes.
- Add garlic, garlic & herb seasoning and tomato paste, and cook until fragrant,
 1-2 minutes.
- Reduce heat to medium, then add vegetable stock powder, the brown sugar and water, and simmer until slightly thickened, 2-3 minutes.
 Season with pepper.

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



Grill the pie

- Transfer veggie mince filling to a baking dish.
 Spread evenly with potato mash.
- Sprinkle over sesame seeds and drizzle with olive oil.
- Grill pie until golden, 8-10 minutes.



Toss the salad

 Meanwhile, combine tomato, mixed salad leaves and a drizzle of vinegar and olive oil in a large bowl. Season to taste.



Serve up

- Divide classic veggie mince potato topped pie between plates.
- Serve with tomato salad. Enjoy!

