



Classic Veggie Mince Potato-Topped Pie

with Sesame Seeds & Tomato Salad

ALTERNATIVE PROTEIN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Leek



Tomato



Plant-Based Mince



Garlic & Herb Seasoning



Tomato Paste



Vegetable Stock Powder



Sesame Seeds



Mixed Salad Leaves



Beef Mince

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



Plant Based*

*Custom Recipe is not Plant Based

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!

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

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

Large saucepan · Large frying pan · Medium or large baking dish

Ingredients

	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	¼ 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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3521kJ (842Cal)	493kJ (118Cal)
Protein (g)	41.4g	5.8g
Fat, total (g)	43.5g	6.1g
- saturated (g)	20.3g	2.8g
Carbohydrate (g)	68.4g	9.6g
- sugars (g)	36.9g	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.



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**.



Get prepped

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



Toss the salad

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



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.



Serve up

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

Were here to help!

Scan here if you have any questions or concerns

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