



Mild Roast Veggie Curry Pie

with Brown Mustard Seeds & Filo Pastry

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Cauliflower



Parsnip



Carrot



Onion



Garlic



Mumbai Spice Blend



Tomato Paste



Mild Curry Paste



Coconut Milk



Baby Leaves



Filo Pastry



Brown Mustard Seeds



Diced Chicken



Beef Mince

Prep in: 20-30 mins
Ready in: 40-50 mins

Calorie Smart

A curry pie is the blend of two perfect warm dishes coming together to deliver us a hearty dinner. Roast veggies are tossed in a mild curry sauce, with a golden filo pastry to hold all those delicious flavours together. This pie will surely be gobbled up in no time!

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
parsnip	1	2
carrot	1	2
onion	½	1
garlic	2 cloves	4 cloves
Mumbai spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
mild curry paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
butter*	20g	40g
filo pastry	1 medium packet	1 large packet
brown mustard seeds	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2242kJ (536Cal)	370kJ (88Cal)
Protein (g)	15.8g	2.6g
Fat, total (g)	38.1g	6.3g
- saturated (g)	21.4g	3.5g
Carbohydrate (g)	75.5g	12.5g
- sugars (g)	20g	3.3g
Sodium (mg)	1031mg	170mg
Dietary Fibre (g)	20.1g	3.3g

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://www.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 | CW25



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Chop **cauliflower** (including stalk!) into small florets. Cut **parsnip** and **carrot** into bite-sized chunks. Slice **onion** (see ingredients) into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender and brown around edges, **20-25 minutes**.



Assemble the pie

- In a small microwave-safe bowl, add the **butter** and microwave in **10 second** bursts until melted.
- Meanwhile, transfer **veggie filling** to a baking dish. Lightly scrunch each sheet of **filo pastry** and place on top of filling to completely cover.



Start the filling

- Meanwhile, finely chop **garlic**.
- When the veggies have **5 minutes** remaining, heat a large frying pan over medium heat with a drizzle of **olive oil**.
- Add **garlic**, **Mumbai spice blend** and **tomato paste** (see ingredients) and cook, until fragrant, **1-2 minutes**.
- Add **mild curry paste**, **coconut milk**, the **brown sugar** and a splash of **water** and cook until slightly reduced, **2-3 minutes**.



Bake the pie

- Gently brush **melted butter** over the pastry to coat and sprinkle over **brown mustard seeds**.
- Bake **pie** until golden, **15-20 minutes**.



Finish the filling

- Remove pan from heat, stir through **roasted veggies** and **baby leaves**. Season to taste.



Serve up

- Divide mild roast veggie curry filo pie between plates. Enjoy!

CUSTOM OPTIONS



ADD DICED CHICKEN

Before cooking sauce, cook diced chicken, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

