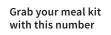


Mild Roast Veggie Curry Pie with Brown Mustard Seeds & Filo Pastry

CLIMATE SUPERSTAR













Carrot





Tomato Paste

Mild Curry Paste





Coconut Milk

Baby Leaves



Filo Pastry

Brown Mustard Seeds







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 \cdot Large frying pan \cdot 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	1/2	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



Finish the filling

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



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.



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.



Serve up

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





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.

