



Mexican Bean & Mushroom Filo Pie

with Cucumber Salad & Coriander

Grab your meal kit with this number

8



Onion



Carrot



Cucumber



Button Mushrooms



Sweetcorn



Red Kidney Beans



Tomato Paste



Mexican Fiesta Spice Blend



Vegetable Stock Powder



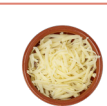
Filo Pastry



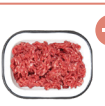
Mixed Salad Leaves



Coriander



Shredded Cheddar Cheese



Beef Mince

Prep in: 15-25 mins
Ready in: 45-55 mins

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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling 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

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
carrot	1	2
cucumber	1 (medium)	1 (large)
button mushrooms	1 medium packet	2 medium packets
sweetcorn	1 medium 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	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2898kJ (693Cal)	407kJ (97Cal)
Protein (g)	27.5g	3.9g
Fat, total (g)	25.5g	3.6g
- saturated (g)	12.3g	1.7g
Carbohydrate (g)	85.5g	12g
- sugars (g)	12.8g	1.8g
Sodium (mg)	1820mg	255mg
Dietary Fibre (g)	25.3g	3.5g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Meanwhile, finely chop **onion** (see ingredients). Grate **carrot**. Slice **cucumber** into rounds. Thinly slice **button mushrooms**.
- Drain **sweetcorn**. 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 OPTIONS

+ **ADD SHREDDED CHEDDAR CHEESE**
Sprinkle over before serving.

+ **ADD BEEF MINCE**
Before cooking filling, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **mushrooms** until tender, **3 minutes**.
- Add **red kidney beans, onion, carrot** and **corn** and cook, 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.

TIP: Add a splash of water if the mixture looks dry.



Serve up

- Meanwhile, combine **mixed salad leaves, cucumber** and drizzle of **white wine vinegar** and olive oil in a large bowl. Season to taste.
- Divide Mexican bean and mushroom filo pie between plates.
- Tear over **coriander**. Serve with cucumber salad. Enjoy!

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

