

Hearty Plant-Based Mince & Mushroom Pie

with Baby Leaves & Potato Topping

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Potato



Onion



Celery



Garlic



Button Mushrooms



Plant-Based Mince



Nan's Special Seasoning



Tomato Paste



Baby Leaves



Chilli Flakes (Optional)



Beef Mince



Pork Mince

Prep in: 25-35 mins
Ready in: 40-50 mins

Calorie Smart

Plant Based

There's no need to wait in line at the bakery to get your hands on a comforting pie when you can whip one up at home in no time. For the filling, bake a saucy veggie mince with mushrooms and spinach then spread over a mash potato top. There you have it, one tasty pie straight from your own oven!

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk, Brown Sugar

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 saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
plant-based butter*	20g	40g
plant-based milk*	2 tbs	¼ cup
onion	½	1
celery	1 stalk	2 stalks
garlic	3 cloves	6 cloves
button mushrooms	1 medium packet	1 large packet
plant-based mince	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
baby leaves	1 small packet	1 medium packet
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2463kJ (589Cal)	413kJ (99Cal)
Protein (g)	29.1g	4.9g
Fat, total (g)	27.4g	4.6g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	55.8g	9.3g
- sugars (g)	24.8g	4.2g
Sodium (mg)	1368mg	229mg
Dietary Fibre (g)	16.3g	2.7g

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 | CW28



Make the mash

- Boil the kettle.
- Peel **potato** and cut into large chunks.
- Half-fill a large saucepan with boiling water.
- 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 generously with **salt**. Mash until smooth. Cover to keep warm.

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



Finish the filling

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **plant-based mince**, **onion** and **celery**, stirring, until softened, **6-7 minutes**.
- Add **garlic**, **Nan's special seasoning** and **tomato paste**, and cook until fragrant, **1-2 minutes**.
- Reduce heat to medium, then add the **brown sugar** and **water**, and simmer until slightly thickened, **2-3 minutes**.
- Remove pan from heat, add **baby leaves** and stir until slightly wilted. Season with **pepper**.



Get prepped

- Finely chop **onion** (see ingredients), **celery** and **garlic**.
- Thinly slice **button mushrooms**.



Grill the pie

- Preheat the grill to high.
- Transfer **veggie mince filling** to the baking dish with the **mushrooms**. Top with **mashed potato**, spreading out evenly.
- Drizzle with **olive oil** and sprinkle with **chilli flakes** (if using).
- Grill **pie** until golden, **12-14 minutes**.



Cook the mushrooms

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **mushrooms**, stirring, until tender, **4-6 minutes**. Transfer to a baking dish.



Serve up

- Divide hearty plant-based mince and mushroom pie between plates. Enjoy!

CUSTOM OPTIONS



SWAP TO BEEF MINCE
Follow method above.



SWAP TO PORK MINCE
Follow method above.

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

