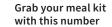


Hearty Plant-Based Mince & Mushroom Pie

with Baby Leaves & Potato Topping

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR















Celery





Button Mushrooms



Plant-Based





Nan's Special



Tomato Paste

Seasoning





Baby Leaves



Chilli Flakes (Optional)





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



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

 $\label{eq:large_pan} \operatorname{Large} \operatorname{frying} \operatorname{pan} \cdot \operatorname{Medium} \operatorname{or} \operatorname{large} \\ \operatorname{baking} \operatorname{dish}$

Ingredients

9		
	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	1/4 cup
onion	1/2	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.



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.



Get prepped

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



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.



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.



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.



Serve up

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

SWAP TO BEEF MINCE Follow method above.



