



Mumbai-Style Beef & Pork Pie

with Cheesy Veggie Mash Topping

KID FRIENDLY

Grab your meal kit with this number

38



Potato



Carrot



Parsnip



Baby Leaves



Beef & Pork Mince



Bengal Curry Paste



Mumbai Spice Blend



Garlic Paste



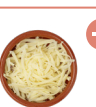
Tomato Paste



Shredded Cheddar Cheese



Beef Mince



Cheddar Cheese

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

Potato topped pie is a weeknight dish we wait in anticipation for. Contain your excitement because this one has cauliflower mashed into the topping and baked on richly spiced beef mince. We know you'll love the moment when the topping is pulled apart and the Cheddar cheese stretches with it.

Pantry items

Olive Oil, Butter, 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	1	2
carrot	1	2
parsnip	1	2
baby leaves	1 small packet	1 medium packet
butter*	10g	20g
beef & pork mince	1 medium packet	2 medium packets or 1 large packet
Bengal curry paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
garlic paste	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2723kJ (650Cal)	626kJ (150Cal)
Protein (g)	37.8g	8.7g
Fat, total (g)	39g	9g
- saturated (g)	16.7g	3.8g
Carbohydrate (g)	38.7g	8.9g
- sugars (g)	19.5g	4.5g
Sodium (mg)	1096mg	252mg
Dietary Fibre (g)	7.3g	1.7g

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.



Get prepped

- Boil the kettle. Half-fill a large saucepan with boiling water.
- Peel **potato, carrot and parsnip** and cut into small chunks.
- Roughly chop **baby leaves**.

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



Assemble the pie

- Preheat grill to high.
- Transfer the **mince filling** to a baking dish, then spread the **veggie mash** over the top.
- Sprinkle over **shredded Cheddar cheese**.

Little cooks: Add the finishing touch by sprinkling the cheese on top.



Cook the veggie mash

- Cook **potato, carrot and parsnip** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return **veggies** to the pan, then add the **butter** and a good pinch of **salt**. Mash until smooth and cover to keep warm. Set aside.

Little cooks: Get those muscles working and help mash the veggies!



Grill the pie

- Grill **pie** until lightly golden, **5-10 minutes**.



Cook the filling

- While the veggies are cooking, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **beef & pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- **SPICY!** This is a mild curry paste, but use less if you're sensitive to heat! Add **Bengal curry paste, Mumbai spice blend, garlic paste and tomato paste** and cook until fragrant, **1-2 minutes**.
- Add **baby leaves, the brown sugar and water** and cook until slightly reduced, **2-3 minutes**. Season generously with **salt**.

TIP: For best results, drain the oil from the pan before adding the aromatics.



Serve up

- Divide Mumbai-style beef and pork with cheesy veggie mash top pie between plates. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS



SWAP TO BEEF MINCE

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



DOUBLE CHEDDAR CHEESE

Follow method above.

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

