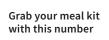


Easy Cheesy BBQ Beef & Pork Filo Pie with Baby Leaves & Sesame Seeds

WINTER WARMERS

KID FRIENDLY















Barbecue Seasoning







Filo Pastry



Mixed Sesame Seeds











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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
onion	1/2	1	
courgette	1	2	
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet	
garlic paste	1 medium packet	2 medium packets	
barbecue seasoning	1 sachet	2 sachets	
passata	½ packet	1packet	
baby leaves	1 small packet	1 medium packet	
water*	1/4 cup	½ cup	
shredded Cheddar cheese	1 medium packet	1 large packet	
butter*	20g	40g	
filo pastry	1 medium packet	1 large packet	
mixed sesame seeds	1 medium sachet	1 large sachet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3159kJ (755Cal)	571kJ (136Cal)
Protein (g)	41.6g	7.5g
Fat, total (g)	39.8g	7.2g
- saturated (g)	18.4g	3.3g
Carbohydrate (g)	59.3g	10.7g
- sugars (g)	11.2g	2g
Sodium (mg)	1510mg	273mg
Dietary Fibre (g)	10.6g	1.9g

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

- Preheat oven to 220°C/200°C fan-forced.
- Grate carrot.
- Thinly slice onion (see ingredients).
- Slice courgette into half-moons.

Little cooks: Under adult supervision, older kids can help grate the carrot.



Bake the pie

- Transfer beef-pork filling to a baking dish and evenly sprinkle with shredded Cheddar cheese.
- In a small microwave-safe bowl, add the butter and microwave in 10 second bursts until melted.
- Lightly scrunch each sheet of filo pastry and place on top of filling to completely cover.
- Gently brush melted butter over to coat and sprinkle over mixed sesame seeds. Bake pie until golden, 15-20 minutes.



Cook the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook beef & pork mince, breaking up with a spoon, until just browned, 3-4 minutes.
- Add carrot, onion and courgette and cook until tender, 2-3 minutes.
- Add garlic paste, barbecue seasoning and passata (see ingredients) and cook until fragrant, 1 minute.
- Add baby leaves and the water, then stir until wilted, 1-2 minutes. Season to taste.



Serve up

• Divide cheesy BBQ beef and pork filo pie between bowls. Enjoy!



