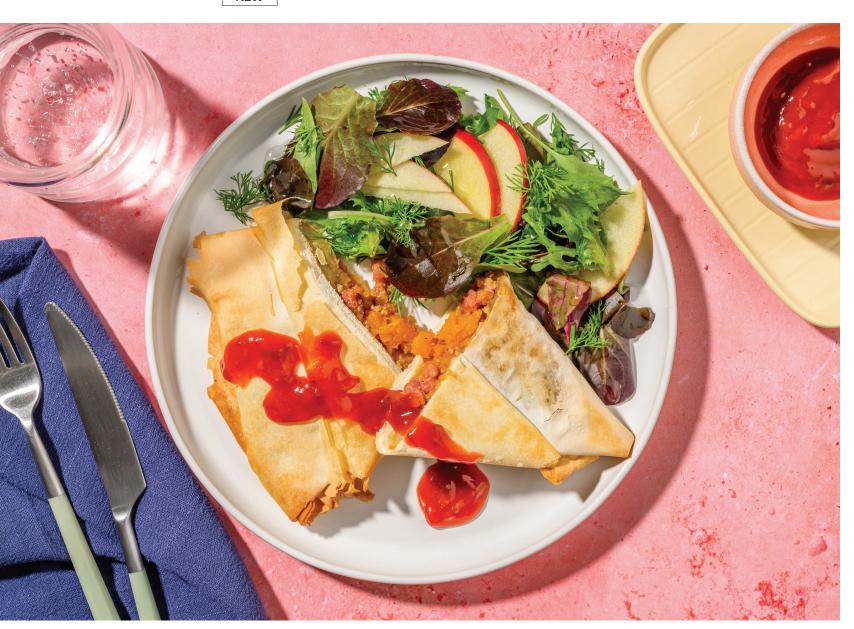


# Pork & Bacon Veggie Cornish-Style Pasties with Apple Salad & Tomato Relish

**NEW** 

Grab your meal kit with this number









Potato





Peeled Pumpkin Pieces





Pork Mince





Kiwi Spice Blend

Worcestershire Sauce





Filo Pastry





Mixed Salad Leaves

Roasted Tomato Salsa





## 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

 $\label{eq:medium} \mbox{Medium saucepan} \cdot \mbox{Large frying pan} \cdot \mbox{Oven tray lined with baking paper}$ 

## Ingredients

ingi edients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	1	2	
onion	1/2	1	
garlic	2 cloves	4 cloves	
peeled pumpkin pieces	1 small packet	1 medium packet	
pork mince	1 medium packet	2 medium packets OR 1 large packet	
diced bacon	1 medium packet	2 medium packets OR 1 large packet	
Kiwi spice blend	1 sachet	2 sachets	
Worcestershire sauce	1 medium packet	1 large packet	
filo pastry	1 medium packet	1 large packet	
apple	1	2	
mixed salad leaves	1 small packet	1 medium packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
roasted tomato salsa	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3148kJ (752cal)	256kJ (61cal)
Protein (g)	42.7g	3.5g
Fat, total (g)	32.6g	2.7g
- saturated (g)	10.5g	0.9g
Carbohydrate (g)	70.9g	5.8g
- sugars (g)	17.7g	1.4g
Sodium (mg)	1416mg	115.3mg
Dietary Fibre (g)	8g	0.7g

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

- Preheat oven to 240°C/220°C fan-forced. Boil the kettle.
- · Cut potato into bite-sized chunks.
- Finely chop onion (see ingredients) and garlic.



# Start the filling

- Half-fill a medium saucepan with boiling water and add a generous pinch of salt.
- Cook potato and peeled pumpkin pieces in boiling water, over high heat, until easily pierced with a fork, 12-15 minutes. Drain and lightly crush with fork.



## Finish the filling

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook pork mince, diced bacon and onion, breaking up with a spoon, until just browned, 4-5 minutes.
- Add Kiwi spice blend and garlic, and cook, stirring, until fragrant, 1 minute.
- Add Worcestershire sauce and stir to combine, then remove from the heat.
- Add the crushed cooked veggies into the pork mixture and stir to combine. Season to taste.



#### Assemble the parcels

- Lay 1 filo pastry sheet on a dry surface and fold in half lengthways into a long strip.
- Spoon 2 heaped tablespoons of pork mixture at one end of the filo strip.
- Fold the pastry diagonally over the filling to form a triangle. Then, fold the triangle horizontally upwards. Then, fold it back over diagonally to the other side, and continue like this, alternating upwards and then diagonally, until the end to make a triangular parcel.
- Place on a lined oven tray. Repeat for remaining filo sheets and pork mixture.
- Brush parcels with olive oil and bake until golden, 12-15 minutes.



#### Make the salad

- · Meanwhile, thinly slice apple.
- In a medium bowl combine mixed salad leaves, apple, a drizzle of vinegar and olive oil. Season to taste.



#### Serve up

- Divide pork and bacon veggie Cornish-style pasties and apple salad between plates.
- · Serve with roasted tomato salsa. Enjoy!

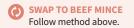




**CUSTOM** 

**OPTIONS** 





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

