



Pork & Bacon Veggie Cornish-Style Pasties















with Apple Salad & Tomato Relish

NEW

Grab your meal kit with this number

3



-  Potato
-  Onion
-  Garlic
-  Peeled Pumpkin Pieces
-  Pork Mince
-  Diced Bacon
-  Kiwi Spice Blend
-  Worcestershire Sauce
-  Filo Pastry
-  Apple
-  Mixed Salad Leaves
-  Roasted Tomato Salsa
-  Cheddar Cheese
-  Beef Mince

Prep in: 20-30 mins
Ready in: 40-50 mins

This pastry delight brings all the warmth and comfort of a pie into a fun handheld meal! Packed with succulent pork, golden nuggets of bacon, and a hearty mix of veggies, this flaky masterpiece is a winner in our eyes!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

Medium saucepan · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
onion	½	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

*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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



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**.



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**.



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.



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.



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.



Serve up

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

CUSTOM OPTIONS

+ ADD CHEDDAR CHEESE

Sprinkle over pork mixture before folding parcels.

↻ SWAP TO BEEF 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.

