

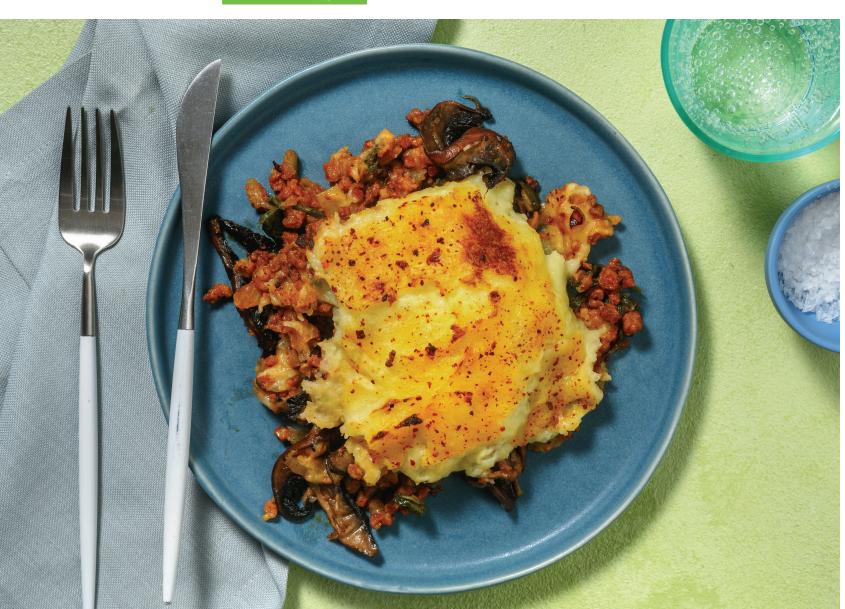
# Hearty Plant-Based Mince & Mushroom Pie

with Baby Leaves & Potato Topping

ALTERNATIVE PROTEIN

Grab your meal kit with this number









Potato



1



Celery

**Button Mushrooms** 

Plant-Based Mince





Nan's Special Seasoning

Tomato Paste





**Baby Leaves** 

Chilli Flakes (Optional)

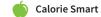




Beef Mince

Pork Mince

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



There's no need to wait in line at the bakery to get your hands on a comforting pie when you can whip one up at home in no time. For the filling, bake a saucy veggie mince with mushrooms and greens then spread over a mash potato top. There you have it, one tasty pie straight from your own oven!

#### **Pantry items**

Olive Oil, Plant-Based Butter, Plant-Based Milk, 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

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

# Ingredients

	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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2466kJ (589Cal)	413kJ (98Cal)
Protein (g)	29.1g	4.9g
Fat, total (g)	27.2g	4.6g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	56.6g	9.5g
- sugars (g)	25.1g	4.2g
Sodium (mg)	1212mg	203mg
Dietary Fibre (g)	16.4g	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. Spread evenly with mashed potato.
- Drizzle with olive oil and sprinkle with chilli flakes (if using).
- Grill pie until golden, 12-14 minutes.



## Serve up

• Divide veggie mince and mushroom pie between plates to serve. Enjoy!



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.

