

# Mexican Mushroom & Bean Filo Pie

with Cucumber Salad

Grab your meal kit with this number

8



Onion



Carrot



Cucumber



Button Mushrooms



Sweetcorn



Red Kidney Beans



Tomato Paste



Mexican Fiesta Spice Blend



Vegetable Stock Powder



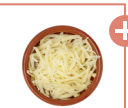
Filo Pastry



Mixed Salad Leaves



Coriander



Cheddar Cheese



Beef Mince

Prep in: 15-25 mins  
Ready in: 45-55 mins

Calorie Smart

When you fuse beans and pastry you get this amazing red kidney bean filo pastry pie. There's veggies packed in and cooked through a fiery tomato sauce to make a filling that will make your mouth water. It's a perfect combination!

### Pantry items

Olive Oil, Butter, White Wine Vinegar



## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
carrot	1	2
cucumber	1 (medium)	1 (large)
button mushrooms	1 medium packet	2 medium packets
sweetcorn	1 medium tin	1 large tin
red kidney beans	1 packet	2 packets
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
<b>water*</b>	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
<b>butter*</b>	40g	80g
filo pastry	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2619kJ (625Cal)	400kJ (95Cal)
Protein (g)	26.9g	4.1g
Fat, total (g)	20.4g	3.1g
- saturated (g)	11.3g	1.7g
Carbohydrate (g)	81.5g	12.4g
- sugars (g)	14.1g	2.2g
Sodium (mg)	1660mg	253mg
Dietary Fibre (g)	21.6g	3.3g

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](https://www.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 | CW39



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **onion** (see ingredients).
- Grate **carrot**.
- Slice **cucumber** into rounds.
- Thinly slice **button mushrooms**.
- Drain **sweetcorn**.
- Drain and rinse **red kidney beans**.



## Bake the pie

- In a small microwave-safe bowl, add the remaining **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.
- Bake **pie** until the pastry is golden, **20-25 minutes**.

### CUSTOM OPTIONS

**+** **ADD CHEDDAR CHEESE**  
Sprinkle over before serving.

**+** **ADD BEEF MINCE**  
Before cooking filling, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

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



## Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **mushrooms** until tender, **3 minutes**.
- Add **red kidney beans, onion, carrot** and **corn** and cook, stirring, until browned and softened, **6-8 minutes**.
- **SPICY!** *The spice blend is hot! Add less if you're sensitive to heat.* Add **tomato paste** and **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**.
- Add the **water, vegetable stock powder** and half the **butter**, then stir to combine and simmer until slightly thickened, **1-2 minutes**. Transfer **filling** to a baking dish.

**TIP:** Add a splash of water if the mixture looks dry.



## Serve up

- Meanwhile, combine **mixed salad leaves**, cucumber and drizzle of **white wine vinegar** and olive oil in a large bowl. Season to taste.
- Divide Mexican mushroom and bean pie between plates.
- Tear over **coriander**. Serve with cucumber salad. Enjoy!