



Super Cheesy Asparagus Filo Galette

with Apple & Rocket Salad

VEGGIE FAVES

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

40



Potato



Garlic



Asparagus



Lemon



Vegetable Stock Powder



Shredded Cheddar Cheese



Filo Pastry



Apple



Rocket Leaves



Grated Parmesan Cheese



Grated Parmesan Cheese



Shredded Cheddar Cheese

Prep in: 20-30 mins
Ready in: 50-60 mins

Calorie Smart

A filo galette, doesn't that sound fancy! And with vibrant green asparagus smothered in cheese and showcased in perfectly crisp pastry, it looks and tastes fancy too. You won't believe how easy it is to pull together - this meat-free marvel will be your new go-to showstopper!

Pantry items

Olive Oil, Milk, Egg, Butter

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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
garlic	2 cloves	4 cloves
asparagus	1 bunch	2 bunches
lemon	½	1
milk*	2 tbs	¼ cup
egg*	1	2
vegetable stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
butter*	20g	40g
filo pastry	1 medium packet	1 large packet
apple	1	2
rocket leaves	1 small packet	1 medium packet
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2005kJ (479cal)	224kJ (53cal)
Protein (g)	19.6g	2.2g
Fat, total (g)	16.5g	1.8g
- saturated (g)	7.5g	0.8g
Carbohydrate (g)	57.9g	6.5g
- sugars (g)	16.9g	1.9g
Sodium (mg)	878mg	98mg
Dietary Fibre (g)	7.1g	0.8g

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.



Mash the potato

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks. Peel **garlic cloves**.
- Cook **potato** and **garlic** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**. Drain and return to pan.



Bake the tart

- Spread **potato mixture** evenly into centre of the **pastry**, leaving a 4cm border around the edge.
- Arrange **asparagus** on top of **potato mixture**. Season with **salt** and **pepper**.
- Carefully fold **pastry** edges over filling, leaving the centre exposed.
- Bake **galette** until golden, **20-25 minutes**.



Get prepped

- Meanwhile, trim ends of **asparagus**.
- Zest **lemon** to get a pinch and slice into wedges.



Make the salad

- Meanwhile, thinly slice **apple** into wedges.
- In a medium bowl, combine **apple**, **rocket leaves**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.



Assemble the tart

- To the **potatoes**, add the **milk**, **egg**, **lemon zest**, **vegetable stock powder** and **shredded Cheddar cheese** and mash until smooth. Season with **pepper**.
- To a small microwave-safe bowl, add the **butter** and microwave in **10 second** bursts until melted.
- On a lined oven tray, evenly stack 5 sheets of **filo pastry** (make two separate stacks for 4 people), brushing with **butter** between each layer.



Serve up

- When the galette is done, sprinkle over **grated Parmesan cheese**.
- Plate up super cheesy asparagus filo galette and apple rocket salad.
- Serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



CUSTOM OPTIONS



DOUBLE GRATED PARMESAN CHEESE

Follow method above.



DOUBLE CHEDDAR CHEESE

Follow method above.

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

