

BBQ Beef & Filo Pastry Pie

with Sesame Seeds & Cheddar Cheese

Grab your Meal Kit with this symbol



Carrot



Tomato



Beef Mince



Garlic Paste



Barbecue Seasoning



Tomato Paste



Salad Leaves



Shredded Cheddar Cheese



Filo Pastry



Mixed Sesame Seeds

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 15-25 mins
Ready in: 35-45 mins

Everyone will be stopping to smell the enticing scent of this barbecue spiced pie. Best of all it's super easy to make. Cooking all the veggies in a variety of seasonings, baking it with Cheddar cheese and topping it with scrunched filo pastry brings everything together for the whole family to enjoy.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
tomato	1	2
beef mince	1 packet	1 packet
garlic paste	1 packet	1 packet
barbecue seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
salad leaves	1 small bag	1 medium bag
water*	½ cup	¾ cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
butter*	20g	40g
filo pastry	1 medium packet	1 large packet
mixed sesame seeds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3186kJ (761Cal)	773kJ (185Cal)
Protein (g)	43.2g	10.5g
Fat, total (g)	40.1g	9.7g
- saturated (g)	20.3g	4.9g
Carbohydrate (g)	49.9g	12.1g
- sugars (g)	8.6g	2.1g
Sodium (mg)	1664mg	404mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate the **carrot**.
- Roughly chop **tomato**.

Little cooks: Under adult supervision, older kids can help grate the carrot.



Bake the pie

- Transfer **beef filling** to a baking dish and sprinkle evenly with **shredded Cheddar cheese**.
- In a small heatproof bowl, add the **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 and sprinkle over **sesame seeds**. Bake **pie** until golden, **15-20 minutes**.

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.



Cook the beef filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **tomato** and **carrot**, and cook until tender, **2-3 minutes**.
- Add **garlic paste**, **barbecue seasoning** and **tomato paste**, cooking until fragrant, **1 minute**.
- Add **salad leaves** and the **water**, then stir until wilted, **1-2 minutes**. Season to taste.

TIP: Add a splash of water if the filling looks too thick.



Serve up

- Divide BBQ beef and filo pie with veggies and Cheddar cheese between bowls.

Enjoy!