

# Cannellini & Eggplant Potato Top Pie

with Balsamic Salad & Flaked Almonds

Grab your Meal Kit with this symbol



Eggplant



Potato



Carrot



Leek



Garlic



Cannellini Beans



Flaked Almonds



Tomato Paste



Garlic & Herb Seasoning



Nan's Special Seasoning



Chopped Tomatoes



Vegetable Stock Powder



Mixed Leaves




Plant-Based Grated Cheese

### 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!

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

 Plant Based

This easy to make veggie deluxe pie is a taste sensation. Roasted eggplant, seasoned cannellini beans and veggies hidden under a blanket of mashed potatoes is already a great dinner, but bake it into a pie and serve with toasted almonds on a balsamic salad and dinner just become a lot more exciting!

### Pantry items

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

## 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

Medium saucepan · Medium or large baking dish · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
eggplant	1	2
potato	2	4
<b>plant-based butter*</b>	40g	80g
<b>plant-based milk*</b>	2 tbs	4 tbs
carrot	1	2
leek	1	2
garlic	2 cloves	4 cloves
cannellini beans	1 tin	2 tins
flaked almonds	1 packet	2 packets
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
Nan's special seasoning	1 sachet	1 sachet
chopped tomatoes	½ tin	1 tin
<b>water*</b>	¼ cup	½ cup
vegetable stock powder	1 medium sachet	1 large sachet
plant-based grated cheese	1 packet (50g)	1 packet (100g)
mixed leaves	1 small bag	1 medium bag
<b>balsamic vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3093kJ (739Cal)	395kJ (94Cal)
Protein (g)	21.7g	2.8g
Fat, total (g)	31.7g	4g
- saturated (g)	17.1g	2.2g
Carbohydrate (g)	84.7g	10.8g
- sugars (g)	29.4g	3.8g
Sodium (mg)	2108mg	269mg

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



2022 | CW23



## Roast the eggplant

- Preheat oven to **220°C/200°C fan-forced**.
- Bring a medium saucepan of salted **water** to the boil.
- Cut **eggplant** into small chunks. Place in a baking dish. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



## Finish the filling

- Add **tomato paste**, **garlic**, **garlic & herb seasoning** and **Nan's special seasoning** and cook until fragrant, **1 minute**.
- Add **chopped tomatoes** (see ingredients), **cannellini beans**, the **water** and **vegetable stock powder** and simmer until slightly reduced, **1-2 minutes**. Season with **pepper**.
- When the **eggplant** is cooked, remove from oven, then add **filling** to the baking dish with the **eggplant** and stir through. Season to taste.



## Cook the potato

- Meanwhile, peel and cut the **potato** into large chunks. Cook **potato** in the boiling **water**, until easily pierced with a fork, **12-15 minutes**. Drain and return **potato** to the saucepan.
- Add the **plant-based butter**, the **plant-based milk** and season generously with **salt**. Mash until smooth.
- While the potato is cooking, grate **carrot**. Thinly slice white and light green parts of **leek**. Finely chop **garlic**. Drain and rinse **cannellini beans**.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



## Cook the pie

- Top **eggplant mixture** with **mashed potato**, smoothing out with the back of a spoon.
- Sprinkle with **plant-based grated cheese** and grill until lightly golden, **8-10 minutes**.
- In a medium bowl, combine **mixed leaves**, a drizzle of **balsamic vinegar** and **olive oil** and toss to combine. Season to taste.



## Start the filling

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **leek**, stirring, until softened, **3-4 minutes**.
- Add **carrot** and cook until softened, **2-3 minutes**.



## Serve up

- Divide cannellini bean and eggplant potato top pie between plates.
- Serve with balsamic salad.
- Garnish with toasted flaked almonds to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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