



Caribbean Black Bean & Veggie Filo Pie

with Creamy Coconut Sauce & Cucumber Salad

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Garlic



Carrot



Black Beans



Mild Caribbean Jerk Seasoning



Coconut Milk



Vegetable Stock Powder



Cucumber



Mixed Salad Leaves



Filo Pastry



Plant-Based Mince

Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and 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: 20-30 mins
Ready in: 40-50 mins
Calorie Smart*

Plant Based



*Custom Recipe is not Calorie Smart

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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic Vinegar)

Before you start

wash your hands and any fresh food

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
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
carrot	1	2
black beans	1 tin	2 tins
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 tin (165ml)	2 tins (330ml)
vegetable stock powder	1 medium sachet	1 large sachet
water*	½ cup	1 cup
filo pastry	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic vinegar)	drizzle	drizzle
plant-based mince**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2183kJ (522Cal)	426kJ (102Cal)
Protein (g)	17g	3.3g
Fat, total (g)	17.2g	3.4g
- saturated (g)	12.9g	2.5g
Carbohydrate (g)	68g	13.3g
- sugars (g)	11.1g	2.2g
Sodium (mg)	1814mg	354mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3187kJ (762Cal)	520kJ (124Cal)
Protein (g)	37g	6g
Fat, total (g)	30.8g	5g
- saturated (g)	14.2g	2.3g
Carbohydrate (g)	74.8g	12.2g
- sugars (g)	12.3g	2g
Sodium (mg)	2560mg	418mg

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



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **onion** and **garlic**. Grate the **carrot**. Drain and rinse **black beans**.



Cook the bean filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot** until softened, **4-5 minutes**.
- Add **garlic**, **mild Caribbean jerk seasoning** and **black beans**, lightly crushing **beans** with a spoon. Cook, stirring, until fragrant, **2 minutes**.
- Add **coconut milk**, **vegetable stock powder** and the **water**, and simmer until thickened, **2-3 minutes**. Season with **pepper** to taste.

Custom Recipe: If you've added plant-based mince, cook plant-based mince with onion and carrot, breaking up with a spoon, until just browned, 4-5 minutes and continue as above.



Transfer the filling

- Transfer **bean filling** to a baking dish.



Bake the pie

- Lightly scrunch each sheet of **filo pastry** and place on top of **black bean filling** to completely cover.
- Brush generously with **olive oil** to coat.
- Bake **pie** until golden, **15-20 minutes**.



Make the salad

- Meanwhile, slice **cucumber** into half-moons.
- In a medium bowl combine **cucumber**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.



Serve up

- Divide Caribbean black bean and veggie fillo pie between plates. Serve with cucumber salad. Enjoy!

Rate your recipe

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