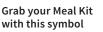


Caribbean Black Bean & Veggie Filo Pie

with Creamy Coconut Sauce & Cucumber Salad

NEW

CLIMATE SUPERSTAR













Carrot



Black Beans



Mild Caribbean



Coconut Milk

Jerk Seasoning



Vegetable Stock





Mixed Salad



Leaves

Filo Pastry



Pantry items

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*

*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!

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

9				
	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 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
- 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 filo pie between plates. Serve with cucumber salad. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

