

# Hearty Plant-Based Mince Shepherd's Pie with Garden Salad

Grab your Meal Kit with this symbol



Onior

Carrot

Sweetcorn

Powder

Leaves



#### Pantry items

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

Prep in: 20-30 mins Ready in: 35-45 mins

Plant Based

Calorie Smart\* \*Custom recipe is not Calorie Smart We thought we'd give your average shepherd's pie a makeover! Let us present to you your new go-to pie recipe. Not only does the plant-based mince filling and potato topping soak up the Mexican spice blend to perfection, we've also paired it with a light and bright salad to bring in some extra freshness!

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



# 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

Medium saucepan  $\cdot$  Large frying pan  $\cdot$  Medium or large baking dish

# Ingredients

<u> </u>		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
plant-based butter*	20g	40g
plant-based milk*	2 tbs	1⁄4 cup
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
carrot	1	2
cucumber	1 (medium)	1 (large)
sweetcorn	1 tin	1 tin
plant-based mince	1 packet	2 packets
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend 🥖	1 sachet	1 sachet
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
fresh chilli ∮ (optional)	1⁄2	1
mixed salad leaves	1 small bag	1 medium bag
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)	2703kJ (646Cal)	430kJ (103Cal)
Protein (g)	30.2g	4.8g
Fat, total (g)	29.1g	4.6g
- saturated (g)	7.9g	1.3g
Carbohydrate (g)	62.5g	9.9g
- sugars (g)	24.7g	3.9g
Sodium (mg)	2211mg	352mg

#### Custom Recipe

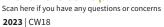
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3707kJ (886Cal)	509kJ (122Cal)
Protein (g)	50.2g	6.9g
Fat, total (g)	42.7g	5.9g
- saturated (g)	9.2g	1.3g
Carbohydrate (g)	69.3g	9.5g
- sugars (g)	25.9g	3.6g
Sodium (mg)	2957mg	406mg

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!



## Make the mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks.
- Cook potato in the boiling water until easily pierced with a fork, 12-15 minutes. Drain and return to the pan.
- Add the plant-based butter and plant-based milk to the potato, then mash until smooth. Season to taste with salt. Cover to keep warm.

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



# Bake the pie

- Preheat grill to high.
- Transfer **mince filling** to a baking dish, then spread **potato mash** over the top with a drizzle of **olive oil**.
- Grill **pie** until lightly golden, **8-10 minutes**.
- Meanwhile, thinly slice fresh chilli (if using).

**TIP:** Drizzling with olive oil helps the topping to crisp and brown!



# Cook the filling

- Meanwhile, finely chop **onion** and **garlic**. Grate the **carrot**. Roughly chop **cucumber**. Drain the **sweetcorn**.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook plant-based mince, onion, carrot and corn, stirring, until browned and softened, 6-8 minutes.
- SPICY! The spice blend is hot! Add less if you're sensitive to heat. Add garlic, tomato paste and Mexican Fiesta spice blend and cook until fragrant, 1-2 minutes.
- Add the water and vegetable stock powder, then stir to combine and simmer until slightly thickened, 1-2 minutes.

**Custom Recipe:** If you've doubled your plant-based mince, cook in batches for the best results.



# Serve up

- In a medium bowl, combine cucumber, **mixed salad leaves** and a drizzle of **balsamic vinegar** and olive oil. Season to taste.
- Divide hearty plant-based mince shepherd's pie between plates.
- Top with **fresh chilli** (if using). Serve with garden salad. Enjoy!

#### Rate your recipe

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