

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

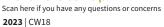
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3707kJ (886Cal)	509kJ (122Cal)
Protein (g)	50.2g	6.9g
Fat, total (g)	42.7g	5.9g
- saturated (g)	9.2g	1.3g
Carbohydrate (g)	69.3g	9.5g
- sugars (g)	25.9g	3.6g
Sodium (mg)	2957mg	406mg

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

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