



# Hearty Plant-Based Mince Shepherd's Pie

with Garden Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Onion



Garlic



Carrot



Cucumber



Sweetcorn



Plant-Based Mince



Tomato Paste



Mexican Fiesta Spice Blend



Vegetable Stock Powder



Fresh Chilli (Optional)



Mixed Salad Leaves



Plant-Based Mince

### Recipe Update

Unfortunately, this week's tomato was in short supply, so we've replaced it with cucumber. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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



Calorie Smart\*  
*\*Custom recipe is not Calorie Smart*



Plant Based

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.

### Pantry items

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

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>plant-based butter*</b>	20g	40g
<b>plant-based milk*</b>	2 tbs	¼ 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
<b>water*</b>	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
fresh chilli (optional)	½	1
mixed salad leaves	1 small bag	1 medium bag
<b>balsamic vinegar*</b>	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](https://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

2023 | CW18



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## 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.

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## 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!

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## 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.

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## 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](https://hellofresh.co.nz/rate)