



# Feta & Veggie Filo Pie

with Parmesan

Grab your Meal Kit with this symbol



Potato



Celery



Onion



Garlic



Carrot



Garlic & Herb Seasoning



Dried Oregano



Vegetable Stock Powder



Grated Parmesan Cheese



Cow's Milk Feta



Filo Pastry

 **Recipe Update**

The recent wet and cold weather across New Zealand has 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: **45-55 mins**

Follow the scent of baked filo pastry to the dinner table. Cut a slice for yourself to enjoy the hidden veggies like roast potato, an array of herbs and Parmesan cheese that will bind it together when it melts in the oven. Go on, we know you want another slice, we sure do!

**Pantry items**

Olive Oil, Butter, Plain Flour, Eggs

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium or large baking dish · Large frying pan

## Ingredients

	2 People	4 People
<i>olive oil*</i>	refer to method	refer to method
potato	1	2
celery	1 stalk	2 stalks
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
carrot	1	2
garlic & herb seasoning	1 sachet	1 sachet
dried oregano	½ sachet	1 sachet
<b>butter*</b>	30g	60g
vegetable stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
<b>plain flour*</b>	½ tbs	1 tbs
<b>eggs*</b>	2	4
cow's milk feta	½ packet (95g)	1 packet (190g)
filo pastry	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2842kJ (679Cal)	600kJ (143Cal)
Protein (g)	28.3g	6g
Fat, total (g)	32.6g	6.9g
- saturated (g)	18.6g	3.9g
Carbohydrate (g)	67.4g	14.2g
- sugars (g)	13g	2.7g
Sodium (mg)	1910mg	403mg

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.



## Bake the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks, then place in a baking dish.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.



## Finish the filling

- In a small heatproof bowl, add the **butter** and microwave in **10 second** bursts until melted.
- To the veggies in the pan, add **vegetable stock powder, grated Parmesan cheese, the plain flour** and **eggs** and stir to combine. Season with **salt** and **pepper**.



## Get prepped

- Meanwhile, thinly slice **celery**. Finely chop **onion** and **garlic**. Thinly slice **carrot** into half-moons.



## Assemble the pie

- Reduce oven heat to **220°C/200°C fan-forced**. Pour **veggie filling** over **potato** in the baking dish and crumble over **feta** (see ingredients).
- Lightly scrunch each sheet of **filo pastry** and place on top of filling to completely cover. Gently brush melted **butter** over to coat.
- Bake pie until golden, **15-20 minutes**.



## Sauté the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion, celery** and **carrot**, stirring, until softened, **4-5 minutes**.
- Add the **garlic, garlic & herb seasoning** and **dried oregano** (see ingredients), and cook until fragrant, **1-2 minutes**.
- Remove pan from heat.



## Serve up

- Divide feta and veggie filo pie between plates. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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