



Mumbai-Style Beef Pie

with Cheesy Veggie Mash Topping & Apple Salad

Grab your Meal Kit with this symbol



Potato



Cauliflower



Bengal Curry Paste



Mumbai Spice Blend



Tomato Paste



Baby Spinach Leaves



Apple



Mixed Salad Leaves



Beef Mince



Shredded Cheddar Cheese

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: 30-40 mins

Carb Smart

Potato topped pie is a weeknight dish we wait in anticipation for. Contain your excitement because this one has cauliflower mashed into the topping and baked on richly spiced beef mince. We know you'll love when the topping is pulled apart and the Cheddar cheese stretches with it.

Pantry items

Olive Oil, Butter, Brown Sugar, White Wine Vinegar

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 saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 portion (200g)	1 portion (400g)
butter*	10g	20g
beef mince	1 packet	1 packet
Bengal curry paste 🌶️	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
baby spinach leaves	1 small bag	1 medium bag
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
apple	1	2
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2598kJ (620Cal)	534kJ (127Cal)
Protein (g)	40.9g	8.4g
Fat, total (g)	32.5g	6.7g
- saturated (g)	16.2g	3.3g
Carbohydrate (g)	35.8g	7.4g
- sugars (g)	19.5g	4g
Sodium (mg)	916mg	188mg
Dietary Fibre (g)	6.8g	1.4g

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.



1 Cook the cauli-potato mash

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Peel **potato** and cut into large chunks. Cut **cauliflower** into small florets.
- Cook **potato** and **cauliflower** in the boiling water, over high heat until easily pierced with a fork, **12-15 minutes**. Drain and return to pan.

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



2 Mash the cauli-potato

- To the saucepan with the **potato** and **cauliflower**, add the **butter** and a good pinch of **salt**. Mash until smooth and cover to keep warm.



3 Cook the beef filling

- **SPICY!** The curry paste is spicy so use a little less if you prefer.
- While the veggies are cooking, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **Bengal curry paste**, **Mumbai spice blend** and **tomato paste** and cook until fragrant, **1 minute**.
- Add the **brown sugar** and **water** and cook until slightly reduced, **1-2 minutes**. Season generously with **salt**. Add **baby spinach leaves** and stir to combine.



4 Grill the pie

- Preheat grill to high.
- Transfer the **beef filling** to a baking dish, then spread the **cauli-potato** mash over the top.
- Sprinkle over **shredded Cheddar cheese**.
- Grill pie until lightly golden, **5-10 minutes**.



5 Make the salad

- While the pie is grilling, thinly slice **apple** into wedges.
- In a medium bowl, combine **apple**, **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



6 Serve up

- Divide Mumbai-style beef and cauli-potato top pie between plates.
- Serve with apple salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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