

Spiced Beef & Cheesy Eggplant Pie

with Garden Salad

Grab your Meal Kit with this symbol



Eggplant



Garlic



Onion



Tomato



Carrot



Beef Mince



Aussie Spice Blend



Tomato Paste



Grated Parmesan Cheese



Mixed Leaves



Herbs

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
 Ready in: 35-45 mins

Carb Smart

Dietician Approved

This cosy dinner is made to please, with homestyle-flavoured beef and a topping of cheesy roasted eggplant. Add the finishing touch by placing it under the grill until toasty brown and perfectly delicious!

Pantry items

Olive Oil, Balsamic 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

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
garlic	2 cloves	4 cloves
onion	1 (medium)	1 (large)
tomato	1	2
carrot	1	2
beef mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
mixed leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2226kJ (532Cal)	484kJ (115Cal)
Protein (g)	38g	8.3g
Fat, total (g)	30.1g	6.5g
- saturated (g)	12.3g	2.7g
Carbohydrate (g)	20.3g	4.4g
- sugars (g)	11.2g	2.4g
Sodium (mg)	892mg	194mg
Dietary Fibre (g)	8.9g	1.9g

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.



Roast the eggplant

Preheat oven to **240°C/220°C fan-forced**. Thinly slice **eggplant** into round slices. Place on a lined oven tray, drizzle with **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people) and a pinch of **salt** and **pepper**. Toss to coat, spread out evenly, then roast in the oven until golden and tender, **15-20 minutes**.



Grill the pie

Preheat grill to medium-high. Transfer **beef filling** to a baking dish and evenly top with the **roasted eggplant**. Sprinkle over **grated Parmesan cheese**. Grill until lightly golden, **5-8 minutes**.



Get prepped

While the eggplant is roasting, finely chop **garlic** and **onion**. Cut **tomato** into wedges. Grate **carrot**.



Toss the salad

While the pie is grilling, in a large bowl combine **roasted tomato**, **mixed leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Cook the beef filling

When the eggplant has **5 minutes** cook time remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **beef mince**, **onion** and **carrot**, breaking the mince up with a spoon, until just browned, **4-5 minutes**. Reduce heat to medium high, then add **Aussie spice blend**, **garlic** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**. Add the **water** and cook until slightly thickened, **1-2 minutes**. Season to taste.



Serve up

Divide spiced beef and cheesy eggplant pie between plates. Serve with garden salad. Tear **herbs** over the pie.

Enjoy!