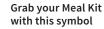
# Spiced Beef & Cheesy Eggplant Pie with Garden Salad













Onion



Tomato





Carrot



**Aussie Spice** 



Tomato Paste

Mixed Leaves

Blend



**Grated Parmesan** 



Cheese



Herbs



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

9		
	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*	1/4 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

<sup>\*</sup>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.



# Get prepped

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



## 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.



## 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.



## Toss the salad

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



## Serve up

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

Enjoy!