



Mumbai-Spiced Mushroom & Veggie Pie

with Flaked Almonds & Garden Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Cucumber



Carrot



Green Beans



Sliced Mushrooms



Tomato Paste



Mumbai Spice Blend



Baby Spinach Leaves



Vegetable Stock Powder



Coconut Milk



Flaked Almonds



Mixed Salad Leaves



Mild Chorizo

Prep in: 25-35 mins
Ready in: 40-50 mins



Eat Me Early



Plant Based*



Calorie Smart*

*Custom Recipe is not Plant Based or Calorie Smart

No-one will want to miss dinner when this irresistible plant-based pie is on the menu! With a saucy Mumbai-spiced mushroom filling, smooth almond-topped mash and a crisp garden salad, it's humble home cooking at its finest.

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, White Wine 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
olive oil*	refer to method	refer to method
potato	2	4
plant-based butter*	40g	80g
plant-based milk*	2 tbs	¼ cup
brown onion	1	2
garlic	3 cloves	6 cloves
cucumber	1	2
carrot	1	2
green beans	1 small bag	1 medium bag
sliced mushrooms	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
Mumbai spice blend	1 large sachet	2 large sachets
baby spinach leaves	1 small bag	1 medium bag
vegetable stock powder	1 medium sachet	1 large sachet
coconut milk	1 large packet	2 large packets
water*	2 tbs	¼ cup
flaked almonds	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
mild chorizo**	1 packet (250g)	2 packets (500g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2532kJ (605Cal)	318kJ (76Cal)
Protein (g)	14.7g	1.8g
Fat, total (g)	37.4g	4.7g
- saturated (g)	17.3g	2.2g
Carbohydrate (g)	49.6g	6.2g
- sugars (g)	24g	3g
Sodium (mg)	1664mg	209mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3957kJ (946Cal)	430kJ (103Cal)
Protein (g)	37.6g	4.1g
Fat, total (g)	64.2g	7g
- saturated (g)	27.4g	3g
Carbohydrate (g)	51.5g	5.6g
- sugars (g)	26g	2.8g
Sodium (mg)	3054mg	332mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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 knife, **12-15 minutes**.
- Drain and return to saucepan. Add the **plant-based butter** and the **plant-based milk**, then season generously with **salt**. Mash until smooth.

4



Grill the pie

- Preheat grill to high.
- Transfer filling to a baking dish. Spread **mash** on top using the back of a spoon. Sprinkle over **flaked almonds**.
- Grill until golden, **8-10 minutes**.

TIP: Grills cook fast, so keep an eye on the pie!

2



Get prepped

- Meanwhile, finely chop **brown onion** and **garlic**.
- Thinly slice **cucumber** into half-moons.
- Grate **carrot**.
- Trim **green beans**.

Custom Recipe: If you've added mild chorizo, roughly chop.

5



Make the salad

- While pie is grilling, combine a drizzle of the **white wine vinegar** and **olive oil** in a medium bowl.
- Season, then add **cucumber** and **mixed salad leaves**.
- Toss to combine.

3



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, **green beans** and sliced **mushrooms**, stirring, until just browned, **5-6 minutes**.
- Add **carrot** and cook, stirring, until softened, **2-3 minutes**. Add **tomato paste**, **Mumbai spice blend** and **garlic** and cook until fragrant, **1 minute**.
- Add **baby spinach leaves**, **vegetable stock powder**, **coconut milk** and the **water** and cook until thickened, **2-3 minutes**. Season to taste.

Custom Recipe: Heat pan as above. Before cooking the veggies, cook chorizo, stirring, until golden, for 4-6 minutes. Transfer to a plate. Return frying pan to heat and cook veggies as above. Return cooked chorizo to pan with the baby spinach leaves as above.

6



Serve up

- Divide Mumbai-spiced mushroom and veggie pie between plates.
- Serve with garden salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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