



Middle Eastern Beef & Fetta-Mash Pie

with Garden Salad

WINTER WARMERS

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Brown Onion



Carrot



Tomato



Garlic



Beef Mince



Ras El Hanout



Tomato Paste



Vegetable Stock Powder



Baby Spinach Leaves



Fetta Cubes



Mixed Salad Leaves



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins

This cosy cottage-style pie packs a veggie-loaded beef base, slightly spiced and full of flavour. Then it gets topped off with decadent and delicious creamy mashed potatoes, plus a layer of crumbly cheese. Comforting, tasty and filling, this nostalgic meal is checking off all the boxes!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk, Brown Sugar, 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 baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
brown onion	1	2
carrot	1	2
tomato	1	2
garlic	2 cloves	4 cloves
beef mince	1 small packet	2 small packets OR 1 large packet
ras el hanout	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
vegetable stock powder	1 large sachet	2 large sachets
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
fetta cubes	1 large packet	2 large packets
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2779kJ (664Cal)	410kJ (98Cal)
Protein (g)	41.8g	6.2g
Fat, total (g)	35.6g	5.3g
- saturated (g)	20.3g	3g
Carbohydrate (g)	42.9g	6.3g
- sugars (g)	21g	3.1g
Sodium (mg)	1625mg	240mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3167kJ (757Cal)	438kJ (105Cal)
Protein (g)	48.7g	6.7g
Fat, total (g)	42.4g	5.9g
- saturated (g)	22.8g	3.2g
Carbohydrate (g)	43.7g	6g
- sugars (g)	21.5g	3g
Sodium (mg)	2055mg	284mg

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.

We're here to help!

Scan here if you have any questions or concerns



Make the mash

- Bring a medium saucepan of lightly salted water to the boil.
- Peel **potato**, then cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **10-15 minutes**.
- Drain **potato** and return to the saucepan. Add the **butter**, the **milk** and a pinch of **salt**, then mash until smooth.



Grill the pie

- Add **baby spinach leaves** to the beef filling and stir to combine. Transfer **beef filling** to a baking dish.
- Top with **mashed potato** and spread evenly with the back of a spoon. Crumble **fetta cubes** over pie. Using a fork, lightly press **cheese** into the mash.
- Grill **pie** until golden, **8-10 minutes**.



Get prepped

- While potato is cooking, heat grill to medium-high.
- Finely chop **brown onion**.
- Grate **carrot**.
- Roughly chop **tomato**.
- Finely chop **garlic**.



Toss the salad

- Meanwhile, combine a drizzle of the **white wine vinegar** and **olive oil** in a medium bowl. Season with **salt** and **pepper**.
- Add **mixed salad leaves** and **tomato**, then toss to combine.



Start the pie

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**. Reduce heat to medium-high. Drain oil from pan.
- Add **carrot** and **onion** and cook until softened, **4-5 minutes**. Add **ras el hanout**, **garlic** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**.
- Add the **water**, **vegetable stock powder** and the **brown sugar** and cook until slightly thickened, **1-2 minutes**.

Custom Recipe: If you've added diced bacon, cook diced bacon with beef mince, breaking up with a spoon, until golden, 4-6 minutes. Continue as above.



Serve up

- Divide Middle Eastern beef and fetta-mash pie between plates.
- Serve with garden salad. Enjoy!

Rate your recipe

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