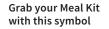


Middle Eastern Beef & Fetta-Mash Pie

with Garden Salad

WINTER WARMERS

BESTSELLER









Brown Onion



Carrot











Hanout

Tomato Paste





Vegetable Stock Powder

Baby Spinach





Fetta Cubes

Mixed Salad Leaves



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!

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

ingi edients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
butter*	40g	80g		
milk*	2 tbs	1/4 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)		
* Denotes Hanne ** Control Dening Instruction				

*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
- sugars (g)	21g	3.1g

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

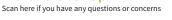
The quantities provided above are averages only.

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!







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.



Get prepped

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



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.



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.



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.



Serve up

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

Rate your recipe

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