



Plant-Based Mince & Veggie Pie

with Potato Topping & Chives

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Celery



Chives



Plant-Based Mince



Tomato Paste



Garlic Paste



Nan's Special Seasoning



Vegetable Stock Powder



Baby Spinach Leaves



Beef Mince

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

Calorie Smart

Plant Based*
**Custom Recipe is not Plant-Based*

We thought we'd give your average shepherd's pie a makeover! Not only does the plant-based mince filling and potato topping work a treat, we've also snuck in some hidden veggies that take this dish to the next level!

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

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

Large saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
plant-based butter*	30g	60g
plant-based milk*	2 tbs	¼ cup
carrot	1	2
celery	1 medium bag	1 large bag
chives	1 bag	1 bag
plant-based mince	1 packet	2 packets
tomato paste	1 packet	1 packet
garlic paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
water*	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2289kJ (547Cal)	375kJ (90Cal)
Protein (g)	26.4g	4.3g
Fat, total (g)	23.3g	3.8g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	53.8g	8.8g
- sugars (g)	18.2g	3g
Sodium (mg)	1654mg	271mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2381kJ (569Cal)	375kJ (90Cal)
Protein (g)	38g	6g
Fat, total (g)	23.9g	3.8g
- saturated (g)	8.2g	1.3g
Carbohydrate (g)	48.3g	7.6g
- sugars (g)	17g	2.7g
Sodium (mg)	1131mg	178mg

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



1 Make the mash potato topping

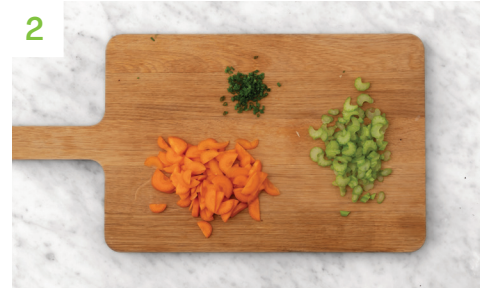
- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **plant-based butter** and the **plant-based milk** to potato and season generously with **salt**. Mash until smooth.

TIP: Save time and get more fibre by leaving the potato unpeeled.



4 Finish the filling

- Add **tomato paste**, **garlic paste** and **Nan's special seasoning** and cook until fragrant, **1 minute**.
- Stir in the **water** and **vegetable stock powder**, until slightly reduced, **1-2 minutes**.
- Stir through **baby spinach leaves**, until wilted. Season to taste.



2 Get prepped

- Meanwhile, preheat grill to high.
- Slice **carrot** into thin half-moons.
- Thinly slice **celery**.
- Thinly slice **chives**.



5 Bake the pie

- Transfer **filling** to a baking dish and evenly spread mashed **potato** over the top with a drizzle of **olive oil**.
- Grill until lightly golden, **8-10 minutes**.

TIP: Drizzling with olive oil helps the topping to crisp and brown!



3 Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **celery**, stirring, until just tender, **3-4 minutes**.
- Add **plant-based mince** and cook, breaking up mince with a spoon, until just browned, **4-5 minutes**.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as the plant-based mince. Drain oil from pan before adding the tomato paste for best results.



6 Serve up

- Divide plant-based mince and veggie pie between plates.
- Top with chives to serve. Enjoy!

Rate your recipe

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