# Pork & Rosemary Pie with Parmesan Mashed Potato Topping

NEW

KID FRIENDLY











Celery



Rosemary





Garlic & Herb

Seasoning

Pork Mince



Tomato Paste



Chicken Stock



**Baby Spinach** Leaves



Parmesan Cheese





**Carb Smart** 

Saucy, rosemary pork mince filling and cheesy mash topping work wonders when paired together and are easily topping the pie charts for best flavour combinations!



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

**Pantry items** Olive Oil, Butter, Milk

ΑK

## 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
butter*	40g	80g		
milk*	2 tbs	1/4 cup		
carrot	1	2		
celery	1 medium bag	1 large bag		
rosemary	1 stick	2 sticks		
pork mince	1 small packet	2 small packets OR 1 large packet		
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet		
tomato paste	1 packet	1 packet		
chicken stock pot	1 packet (20g)	2 packets (40g)		
water*	¾ cup	1½ cups		
baby spinach leaves	1 small bag	1 medium bag		
Parmesan cheese	1 medium packet	1 large packet		
beef mince**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1956kJ (467Cal)	378kJ (90Cal)
Protein (g)	35.8g	6.9g
Fat, total (g)	18.3g	3.5g
- saturated (g)	7.9g	1.5g
Carbohydrate (g)	38.4g	7.4g
- sugars (g)	14.9g	2.9g
Sodium (mg)	1335mg	258mg
Dietary Fibre	9.1g	1.8g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1942kJ (464Cal)	403kJ (96Cal)
Protein (g)	39.1g	8.1g
Fat, total (g)	17.4g	3.6g
- saturated (g)	8.4g	1.7g
Carbohydrate (g)	36.1g	7.5g
- sugars (g)	12.7g	2.6g
Sodium (mg)	1319mg	274mg
Dietary Fibre	9.1g	1.8g

The quantities provided above are averages only.

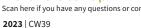
### Allergens

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 salted water to the boil. Peel potato and cut into large chunks.
- Cook in the boiling water until easily pierced with a knife, 12-15 minutes. Drain and return to
- Add the butter and the milk to the potato and season generously with salt. Mash until smooth.

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

**Little cooks:** Get those muscles working and help mash the potatoes!



# Get prepped

- Meanwhile, grate carrot.
- Finely chop celery.
- · Pick and finely chop rosemary.



# Cook the pie filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add carrot and celery and cook, stirring, until softened, 4-5 minutes.
- Add rosemary and pork mince and cook, breaking up mince with a spoon, until just browned, 3-4 minutes.
- Add garlic & herb seasoning and tomato paste and cook, stirring, until fragrant, 1 minute.

**TIP:** For best results, drain the oil from the pan before adding the seasoning.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as the pork mince. Continue as above.



# Make it saucy

- Reduce heat to medium. Add chicken stock pot and the water. Stir well to combine and cook until slightly reduced, 2-4 minutes.
- Stir through baby spinach leaves and season to taste.



# Grill the pie

- · Preheat the grill to medium-high.
- · Transfer the pork mixture to a medium baking dish and spread mashed potato over the top, smoothing out with the back of a spoon.
- Sprinkle over Parmesan cheese and grill until the cheese is melted and golden, 5-10 minutes.

**Little cooks:** Join in on the fun by smoothing the mash evenly over the pie and sprinkling the cheese!



# Serve up

• Divide the pork and rosemary pie between plates to serve. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

