



Plant-Based Coconut Jerk Chick'n Pie

with Potato Topping & Coriander

ALTERNATIVE PROTEIN

NEW

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Sweetcorn



Plant-Based Chicken Strips



Tomato Paste



Mild Caribbean Jerk Seasoning



Coconut Milk



Baby Spinach Leaves



Coriander



Chicken Breast

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



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 chick'n and potato topping soak up the Caribbean jerk seasoning to perfection, we've also snuck in some hidden veggies for extra taste!

Eat Me Early*
**Custom Recipe only*

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 with a lid · 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
garlic	1 clove	2 cloves
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
plant-based chicken strips	1 packet	2 packets
tomato paste	1 medium packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
coriander	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3039kJ (726Cal)	427kJ (102Cal)
Protein (g)	42.5g	6g
Fat, total (g)	35.4g	5g
- saturated (g)	18.4g	2.6g
Carbohydrate (g)	56g	7.9g
- sugars (g)	22.2g	3.1g
Sodium (mg)	2053mg	289mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2862kJ (684Cal)	381kJ (91Cal)
Protein (g)	46.8g	6.2g
Fat, total (g)	31.1g	4.1g
- saturated (g)	18.6g	2.5g
Carbohydrate (g)	52.2g	7g
- sugars (g)	18.4g	2.5g
Sodium (mg)	1012mg	135mg

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

- 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 with **salt**. Mash until smooth. Cover to keep warm.

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



Start the filling

- Return pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** and **corn**, stirring, until tender, **4-5 minutes**.
- Add **garlic**, **tomato paste** and **mild Caribbean Jerk seasoning** and cook until fragrant, **1 minute**.



Get prepped

- Meanwhile, preheat grill to high.
- Finely chop **garlic**.
- Grate **carrot**.
- Drain **sweetcorn**.



Finish the filling & bake

- To pan with veggies, return cooked **chick'n**, and stir in **coconut milk**, **baby spinach leaves** and splash of **water**.
- Simmer until slightly reduced, **1 minute**. Season with **pepper**.
- Transfer **chick'n filling** to a baking dish and evenly spread **mashed potato** over the top. Drizzle generously with **olive oil**.
- Grill until lightly golden, **8-10 minutes**.

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

Custom Recipe: Return cooked chicken to the pan with the coconut milk, continue as above.



Cook the chick'n

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **plant-based chicken strips**, tossing, until browned, **4-5 minutes**.
- Transfer to a bowl and set aside.

Custom Recipe: If you've swapped to chicken breast, slice chicken breast into thin strips. In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken strips, tossing occasionally, until browned and cooked through (when no longer pink inside), 3-4 minutes. Transfer to a bowl and set aside.



Serve up

- Divide plant-based coconut jerk chick'n pie between plates.
- Tear over **coriander** to serve. Enjoy!

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