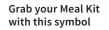


Fiery Mexican Bean & Veggie Pie with Potato Mash & Panko Topping

NEW

CLIMATE SUPERSTAR













Brown Onion



Corn Kernels





Black Beans





Mexican Fiesta



Spice Blend



Enchilada Sauce



Vegetable Stock

Garlic Paste



Baby Spinach Leaves



Coriander



Pantry items

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



We thought we'd give your average shepherd's pie a makeover! Let us present to you your new go-to pie recipe. By swapping mince to black beans, watch as the beans and potato topping soak up the herby filling to perfection.



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 baking dish

ingredients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	3	6	
plant-based butter* (for the mash)	30g	60g	
plant-based milk*	2 tbs	1/4 cup	
celery	1 medium bag	1 large bag	
brown onion	1	2	
corn kernels	1 small tin	2 small tins	
black beans	1 packet	2 packets	
panko breadcrumbs	½ medium packet	1 medium packet	
Mexican Fiesta spice blend 🌶	1 medium sachet	1 large sachet	
garlic paste	1 packet	2 packets	
enchilada sauce	1 packet (150g)	2 packets (300g)	
vegetable stock powder	1 medium sachet	1 large sachet	
water*	1/4 cup	½ cup	
baby spinach leaves	1 small bag	1 medium bag	
plant-based butter* (for the sauce)	20g	40g	
coriander	1 bag	1 bag	
diced bacon**	1 packet (90g)	1 packet (180g)	
*Pantry Items **Custom Recipe Ingredient			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2917kJ (697Cal)	347kJ (83Cal)
Protein (g)	30.7g	3.7g
Fat, total (g)	19.3g	2.3g
- saturated (g)	4.2g	0.5g
Carbohydrate (g)	90.3g	10.7g
- sugars (g)	17.7g	2.1g
Sodium (mg)	1974mg	235mg
Custom Recipe		

Per 100g Per Serving 373kJ (89Cal) Energy (kJ) 3305kJ (790Cal) Protein (g) 37.6g 4.2g Fat. total (g) 26g 2.9g - saturated (g) 6.7g 0.8g Carbohydrate (g) 91.1g 10.3g - sugars (g) 18.3g 2.1g Sodium (mg) 2404mg 271mg

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 (for the mash) 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.



Finish the filling

- Add enchilada sauce, vegetable stock powder, and the water, then simmer until slightly thickened, 1-2 minutes.
- Remove from heat then stir in baby spinach leaves, the plant-based butter (for the sauce) and a pinch of the brown sugar, until wilted.



Get prepped

- Meanwhile, preheat oven grill to high.
- Finely chop celery and brown onion.
- Drain corn kernels. Drain and rinse black beans.
- In a small bowl, combine panko breadcrumbs (see ingredients) and a drizzle of olive oil.
 Set aside.



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook onion and celery, stirring, until tender,
 4-5 minutes.
- Add corn and black beans and cook until tender,
 2-3 minutes.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. Add Mexican fiesta spice blend and garlic paste and cook, stirring, until fragrant, 1-2 minutes.

Custom Recipe: If you've added diced bacon, cook onion, celery and diced bacon, breaking up bacon with a spoon, until tender, 4-5 minutes. Continue as above.



Grill the pie

- Transfer bean filling to a baking dish. Spread mash on top using the back of a spoon.
- Sprinkle over panko breadcrumbs, drizzle with olive oil, then grill until golden, 8-10 minutes.

TIP: Grills cook fast, so keep an eye on the pie! **TIP:** Drizzling with olive oil helps the topping to crisp and brown!



Serve up

- Divide plant-based Mexican black bean and veggie pie between plates.
- Tear over coriander to serve. Enjoy!

Did we make your tastebuds happy?
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