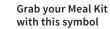


Fiery Mexican Black Bean & Veggie Pie with Quick-Prep Potato Mash & Panko Topping

CLIMATE SUPERSTAR









Chopped Potato

Sweetcorn





Black Beans

Soffritto Mix



Mexican Fiesta

Spice Blend

Garlic Paste



Enchilada Sauce

Vegetable Stock





Baby Spinach Leaves

Panko Breadcrumbs



Coriander



Prep in: 15-25 mins Ready in: 30-40 mins

Plant-Based* *Custom Recipe is not Plant-Based 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, Brown Sugar

Pantry items

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

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	2 People	4 People
olive oil*	refer to method	refer to method
chopped potato	1 medium bag	1 large bag
plant-based butter* (for the mash)	30g	60g
plant-based milk*	2 tbs	1/4 cup
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	1 packet	2 packets
soffritto mix	1 medium bag	1 large bag
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
brown sugar*	pinch	pinch
panko breadcrumbs	½ medium packet	1 medium packet
coriander	1 bag	1 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)	2906kJ (695Cal)	409kJ (98Cal)
Protein (g)	28.5g	4g
Fat, total (g)	22.7g	3.2g
- saturated (g)	5g	0.7g
Carbohydrate (g)	82.7g	11.6g
- sugars (g)	12.2g	1.7g
Sodium (mg)	1985mg	279mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3852kJ (921Cal)	461kJ (110Cal)
Protein (g)	56.1g	6.7g
Fat, total (g)	35.6g	4.3g
- saturated (g)	10.7g	1.3g
Carbohydrate (g)	82.7g	9.9g
- sugars (g)	12.2g	1.5g
Sodium (mg)	2059mg	246mg

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.



Make the mash

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



Finish the filling & grill the pie

- To the pan with the beans, stir in enchilada sauce, vegetable stock powder and the water, 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 and combined.
- Transfer bean filling to a baking dish. Spread mashed potato evenly on top.
- Sprinkle over panko breadcrumbs (see ingredients) and drizzle with olive oil. Grill until golden, 8-10 minutes.

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

TIP: Grills cook fast, so keep an eye on the pie!



Get prepped & start the filling

- Meanwhile, preheat oven grill to high. Drain sweetcorn. Drain and rinse black beans.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **soffritto** mix, corn and black beans, stirring, until softened, 4-5 minutes.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. Reduce heat to medium, add Mexican fiesta spice blend and garlic paste and cook, stirring, until fragrant, 1 minute.

Custom Recipe: If you've added beef mince, only use half of your black beans. Cook beef mince with soffritto mix, corn and half the black beans, breaking mince up with a spoon, until browned, 5-6 minutes.



Serve up

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



