



# Fiery Mexican Black Bean & Veggie Pie

with Quick-Prep Potato Mash & Panko Topping

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Chopped Potato



Sweetcorn



Black Beans



Soffritto Mix



Mexican Fiesta Spice Blend



Garlic Paste



Enchilada Sauce



Vegetable Stock Powder



Baby Spinach Leaves



Panko Breadcrumbs



Coriander



Beef Mince

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.

**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, Brown Sugar

## 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
<b>olive oil*</b>	refer to method	refer to method
chopped potato	1 medium bag	1 large bag
<b>plant-based butter*</b> (for the mash)	30g	60g
<b>plant-based milk*</b>	2 tbs	¼ 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
<b>water*</b>	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
<b>plant-based butter*</b> (for the sauce)	20g	40g
<b>brown sugar*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

3



## 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!

2



## 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.

4



## Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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