



Italian Beef & Cauli-Potato Topped Pie

with Mushroom, Spinach & Parmesan

NEW

Grab your Meal Kit with this symbol



Cauliflower



Potato



Rosemary



Sliced Mushrooms



Beef Mince



Tomato Paste



Garlic & Herb Seasoning



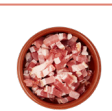
Chicken-Style Stock Powder



Baby Spinach Leaves



Parmesan Cheese



Diced Bacon

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



Carb Smart*

*Custom Recipe is not Carb Smart



Eat Me Early

This one is in a league of its own. We've taken your favourite parts of a ragu, switched out the standard topping for a cauli-potato mash and whipped it all up just like a shepherd's pie. All that is left, is for you to try this tasty concoction!

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

Pantry items

Olive Oil, Milk, Butter, 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

Medium 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
cauliflower	1 medium portion	1 large portion
potato	2	4
milk*	1 tbs	2 tbs
butter*	40g	80g
rosemary	1 stick	2 sticks
sliced mushrooms	1 medium packet	1 large packet
beef mince	1 small packet	2 small packets OR 1 large packet
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	2 medium sachets
chicken-style stock powder	1 medium sachet	1 large sachet
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
Parmesan cheese	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2620kJ (626Cal)	436kJ (104Cal)
Protein (g)	42.6g	7.1g
Fat, total (g)	33.9g	5.6g
- saturated (g)	19.3g	3.2g
Carbohydrate (g)	35.9g	6g
- sugars (g)	12.5g	2.1g
Sodium (mg)	1219mg	203mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3008kJ (719Cal)	466kJ (111Cal)
Protein (g)	49.5g	7.7g
Fat, total (g)	40.7g	6.3g
- saturated (g)	21.8g	3.4g
Carbohydrate (g)	36.7g	5.7g
- sugars (g)	13g	2g
Sodium (mg)	1650mg	255mg

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 cauli-potato mash

- Bring a medium saucepan of salted water to the boil. Cut **cauliflower** into small florets. Peel **potato** and cut into large chunks.
- Cook **cauliflower** and **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**.
- Drain and return to the pan. Add the **milk**, half the **butter** and a generous pinch of **salt**. Mash until smooth and cover to keep warm.

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



Make it saucy

- Reduce heat to medium, then add **tomato paste**, **rosemary** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **chicken-style stock powder**, the **water**, the **brown sugar** and the remaining **butter** and cook, stirring occasionally, until slightly thickened, **2-3 minutes**.
- Remove from heat and stir in **baby spinach leaves** until wilted.



Get prepped

- While the veggies are cooking, pick and finely chop **rosemary** leaves.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Bake the pie

- Transfer **filling** to a baking dish and spread evenly with **cauli-potato mash**.
- Sprinkle with **Parmesan cheese**. Season with **pepper**.
- Grill **pie** until the top is lightly golden, **5-10 minutes**.



Cook the beef

- Preheat grill to high. Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **sliced mushrooms**, stirring until tender, **3-4 minutes**.
- Add **beef mince** and cook, breaking up with a wooden spoon, until just browned, **4-5 minutes**.

Custom Recipe: If you've added diced bacon, cook diced bacon with beef mince, breaking up with a wooden spoon, until golden, 4-6 minutes.



Serve up

- Divide the Italian beef and cauli-potato topped pie between plates to serve. Enjoy!

Rate your recipe

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