



Italian Beef & Spinach Pie

with Potato Topping & Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Beef Mince



Soffritto Mix



Garlic Paste



Italian Herbs



Tomato Paste



Vegetable Stock Powder



Baby Spinach Leaves



Parmesan Cheese



Diced Bacon

Prep in: 30-40 mins
Ready in: 35-45 mins



Carb Smart*

*Custom recipe is not Carb Smart

We've brought all the mashed potato goodness and some tomatoey and herby beef together, to make the pie of a lifetime! After this one comes out of the oven all golden and crispy, all you need is a knife and fork to dig in!

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

Pantry items

Olive Oil, Butter, 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 or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
beef mince	1 small packet	2 small packets OR 1 large packet
soffritto mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
Italian herbs	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
water*	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
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)	2587kJ (618Cal)	500kJ (120Cal)
Protein (g)	40.1g	7.8g
Fat, total (g)	34.4g	6.7g
- saturated (g)	19.3g	3.7g
Carbohydrate (g)	34.7g	6.7g
- sugars (g)	13.8g	2.7g
Sodium (mg)	982mg	190mg
Dietary Fibre (g)	7.8g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2974kJ (711Cal)	529kJ (126Cal)
Protein (g)	47.1g	8.4g
Fat, total (g)	41.2g	7.3g
- saturated (g)	21.8g	3.9g
Carbohydrate (g)	35.4g	6.3g
- sugars (g)	14.3g	2.5g
Sodium (mg)	1413mg	251mg

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



1



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 **butter** and **milk** to potato and season with **salt**. Mash until smooth.

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

3



Grill the pie

- Preheat grill to medium-high.
- Transfer **beef filling** to a baking dish. Spread **mash** over the top. Sprinkle over **Parmesan cheese**.
- Grill until the mash is golden, **5-10 minutes**.

2



Cook the beef filling

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes** (for best results, drain oil from pan before adding the veggies).
- Stir in **soffritto mix** and cook, tossing, until softened, **4-5 minutes**.
- Add **garlic paste**, **Italian herbs** and **tomato paste** and cook until fragrant, **1 minute**.
- Stir in the **water**, **vegetable stock powder** and **brown sugar** and cook until slightly thickened, **2-3 minutes**.
- Add **baby spinach leaves** and cook until just wilted, **1 minute**. Season to taste.

Custom Recipe: If you've added diced bacon, cook bacon with beef mince, breaking up bacon with a spoon, until golden, 6-7 minutes.

4



Serve up

- Divide Italian beef and spinach pie with cheesy potato topping between plates to serve. Enjoy!

Rate your recipe

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