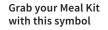
# Italian Beef & Spinach Pie with Potato Topping & Parmesan

KID FRIENDLY









Potato



Soffritto Mix



Garlic Paste



Italian Herbs



Tomato Paste



Vegetable Stock





Parmesan Cheese





**Baby Spinach** 

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!

**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

 $\mbox{Large saucepan} \cdot \mbox{Large frying pan} \cdot \mbox{Medium or large baking dish}$ 

## Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
butter*	40g	80g		
milk*	2 tbs	½ 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)		

<sup>\*</sup>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





#### 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.



# 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**.



## 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.



# Serve up

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate