



Hearty Beef & Spinach Pie

with Cheesy Potato Top & Green Beans

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Brown Onion



Carrot



Rosemary



Baby Spinach Leaves



Garlic Paste



Italian Herbs



Beef Mince



Tomato Paste



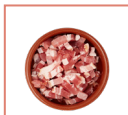
Chicken Stock Pot



Parmesan Cheese



Green Beans



Diced Bacon

Prep in: 30-40 mins
Ready in: 40-50 mins



Carb Smart*

*Custom recipe is not Carb Smart

Satisfy that craving for something warm and comforting with this rich, cheesy mash-topped number. It's just like Nanna used to make (but better!)

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

Pantry items

Olive Oil, Butter, Milk

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 · Large frying pan · Medium 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
salt*	¼ tsp	½ tsp
brown onion	½	1
carrot	1	2
rosemary	1 stick	2 sticks
baby spinach leaves	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
Italian herbs	½ sachet	1 sachet
beef mince	1 small packet	2 small packets OR 1 large packet
tomato paste	1 packet	1 packet
water*	2 tbs	¼ cup
chicken stock pot	1 packet (20g)	2 packets (40g)
Parmesan cheese	1 medium packet	1 large packet
green beans	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2632kJ (629Cal)	454kJ (109Cal)
Protein (g)	41.1g	7.1g
Fat, total (g)	35g	6g
- saturated (g)	19.4g	3.3g
Carbohydrate (g)	37g	6.4g
- sugars (g)	15.6g	2.7g
Sodium (mg)	1366mg	236mg
Dietary Fibre (g)	9.9g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3020kJ (722Cal)	484kJ (116Cal)
Protein (g)	48g	7.7g
Fat, total (g)	41.8g	6.7g
- saturated (g)	21.9g	3.5g
Carbohydrate (g)	37.8g	6.1g
- sugars (g)	16.1g	2.6g
Sodium (mg)	1797mg	288mg

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



Mash the potato

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

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



Get prepped

- Meanwhile, finely chop **brown onion** (see ingredients) and **carrot**.
- Pick and finely chop **rosemary leaves**.
- Roughly chop **baby spinach leaves**.

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



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **onion** and **carrot**, stirring, until softened, **6-7 minutes**. Add half the **garlic paste, rosemary** and **Italian herbs** (see ingredients) and cook, stirring, until fragrant, **1 minute**.
- Add **beef mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**. Drain oil from pan for best results.
- Reduce heat to medium, then add **tomato paste, the water** and **chicken stock pot**, stirring to combine (add extra water if the filling looks dry!). Add **baby spinach leaves** and cook, stirring, until just wilted, **1-2 minutes**.

Custom Recipe: If you've added diced bacon, before cooking the onion, cook bacon, breaking bacon up with a spoon until golden, 5-6 minutes. Transfer to a bowl. Return bacon to pan after cooking the beef mince and continue with step.



Grill the pie

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

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



Cook the beans

- While the pie is grilling, trim **green beans**.
- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**. Cook **beans**, tossing, until tender, **3-4 minutes**.
- Add remaining **garlic paste** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**.



Serve up

- Divide hearty beef and spinach pie between plates.
- Serve with green beans. Enjoy!

Rate your recipe

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