



# Creamy Mushroom & White Bean Pie

with Mashed Potato Topping

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Carrot



Cannellini Beans



Sliced Mushrooms



Herb & Mushroom Seasoning



Light Cooking Cream



Vegetable Stock Powder



Baby Spinach Leaves



Chilli Flakes (Optional)



Diced Bacon

Prep in: 25-35 mins  
Ready in: 40-50 mins



Calorie Smart\*  
*\*Custom recipe is not Calorie Smart*



Eat Me Early

We thought we'd give your average shepherd's pie a makeover! By swapping mince to cannellini beans, watch as the beans and potato topping soak up the herby filling to perfection. We've also paired it with some hidden veg to bring in some freshness!

**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

Large saucepan · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
cannellini beans	1 medium packet	2 medium packets
sliced mushrooms	1 medium packet	1 large packet
herb & mushroom seasoning	1 medium sachet	2 medium sachets
light cooking cream	1 medium packet	1 large packet
<b>water*</b>	¼ cup	½ cup
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small packet	1 medium packet
chilli flakes (optional)	pinch	pinch
<b>diced bacon**</b>	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2706kJ (647Cal)	367kJ (88Cal)
Protein (g)	23g	3.1g
Fat, total (g)	31.4g	4.3g
- saturated (g)	19.3g	2.6g
Carbohydrate (g)	60g	8.1g
- sugars (g)	18.8g	2.5g
Sodium (mg)	1398mg	190mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3093kJ (739Cal)	395kJ (94Cal)
Protein (g)	29.9g	3.8g
Fat, total (g)	38.2g	4.9g
- saturated (g)	21.8g	2.8g
Carbohydrate (g)	60.8g	7.8g
- sugars (g)	19.3g	2.5g
Sodium (mg)	1828mg	234mg

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.



## Make the mash topping

- 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.



## Finish the filling

- Add **cannellini beans**, **garlic**, **herb & mushroom seasoning** and a drizzle of **olive oil** to pan, and cook, stirring, until fragrant and slightly tender, **2 minutes**.
- Stir in **light cooking cream**, the **water** and **vegetable stock powder** and simmer until slightly reduced, **1-2 minutes**.
- Remove from heat and add **baby spinach leaves**, stirring, until wilted. Season to taste.



## Get prepped

- Meanwhile, preheat grill to high.
- Finely chop **brown onion** and **garlic**.
- Grate **carrot**.
- Drain and rinse **cannellini beans**.



## Grill the pie

- Transfer **mushroom filling** into a baking dish and evenly spread **mashed potato** over the top. Drizzle generously with **olive oil**.
- Grill until lightly golden, **8-10 minutes**.

**TIP:** Drizzling with olive oil helps the topping to crisp and brown!



## Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **sliced mushrooms**, stirring, until slightly browned and softened, **2-3 minutes**.
- Add **carrot** and **onion** and cook, stirring, until tender, **4-5 minutes**.

**Custom Recipe:** If you've added diced bacon, cook bacon with sliced mushrooms, breaking up with a spoon, until starting to turn golden, 2-3 minutes.



## Serve up

- Divide creamy mushroom and white bean pie between plates.
- Sprinkle with a pinch of **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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