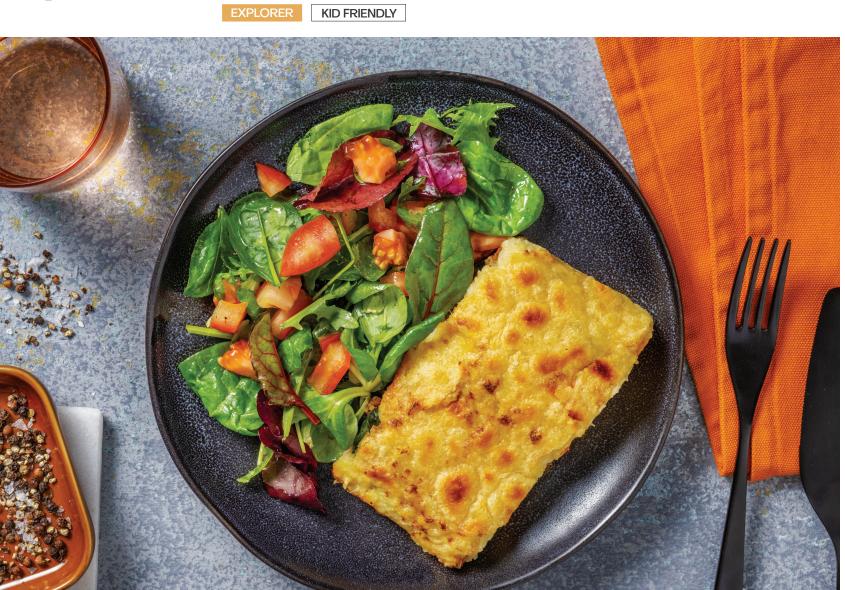
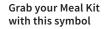


Indian Beef & Cauli-Potato Topped Pie

with Leafy Tomato Salad















Beef Mince



Mild Curry



Paste





Baby Spinach



Leaves

Cheddar Cheese



Tomato



Mixed Salad Leaves



Pantry items

Olive Oil, Butter, Milk, White Wine Vinegar

Prep in: 20-30 mins Ready in: 30-40 mins



We've combined tender beef mince with our mild curry paste to give the classic cottage pie an Indian-inspired twist. Topped with a cheesy, cauli-potato mash that crisps up under the grill, your weeknight dinner just got an upgrade.

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

 $\label{eq:medium} \operatorname{Medium} \operatorname{saucepan} \cdot \operatorname{Large} \operatorname{frying} \operatorname{pan} \cdot \operatorname{Medium} \operatorname{or} \operatorname{large} \\ \operatorname{baking} \operatorname{dish}$

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
cauliflower	1 medium portion	1 large portion		
potato	1	2		
garlic	2 cloves	4 cloves		
beef mince	1 medium packet	2 medium packets OR 1 large packet		
mild curry paste	1 medium packet	2 medium packets		
tomato paste	1 medium packet	2 medium packets		
water*	1/4 cup	½ cup		
baby spinach leaves	1 small packet	1 medium packet		
butter*	20g	40g		
milk*	1 tbs	2 tbs		
Cheddar cheese	1 medium packet	1 large packet		
tomato	1	2		
white wine vinegar*	drizzle	drizzle		
mixed salad leaves	1 small packet	1 medium packet		
Cheddar cheese**	1 medium packet	1 large packet		
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2169kJ (518Cal)	490kJ (117Cal)
Protein (g)	38.8g	8.8g
Fat, total (g)	30.4g	6.9g
- saturated (g)	15.5g	3.5g
Carbohydrate (g)	21.7g	4.9g
- sugars (g)	12.8g	2.9g
Sodium (mg)	1390mg	314mg
Dietary Fibre (g)	6.5g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2513kJ (601Cal)	543kJ (130Cal)
Protein (g)	43.6g	9.4g
Fat, total (g)	37.4g	8.1g
- saturated (g)	19.8g	4.3g
Carbohydrate (g)	21.9g	4.7g
- sugars (g)	13g	2.8g
Sodium (mg)	1534mg	331mg
Dietary Fibre	6.6g	1.4g

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.



Start the mash

- Bring a medium saucepan of salted water to the boil.
- Roughly chop cauliflower (including the stalk!) into small chunks.
- Peel potato, then 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.

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



Cook the beef

- While the veggies are cooking, finely chop garlic.
- Heat a large frying pan over high heat. Cook beef mince (no need for oil!), breaking up with a spoon, until just browned, 4-5 minutes.
- SPICY! This is a mild curry paste, but use less if you're sensitive to heat. Add garlic, mild curry paste and tomato paste and cook until fragrant, 1 minute. Add the water and cook until slightly reduced, 1-2 minutes. Add baby spinach leaves, stirring to combine.



Finish the mash

 To the pan with potato and cauliflower, add the butter, milk and a good pinch of salt. Mash until smooth.



Grill the pie

- Preheat grill to high.
- Transfer beef filling to a baking dish, spreading it out evenly.
- Spread cauli-potato mash over the top.
- Sprinkle with **Cheddar cheese**. Grill until lightly golden, **8-10 minutes**.

Custom Recipe: If you've doubled your Cheddar cheese, sprinkle cheese over pie as above.



Make the salad

- While the pie is grilling, roughly chop tomato.
- In a medium bowl, combine a drizzle of white wine vinegar and olive oil. Season, then add tomato and mixed salad leaves. Toss to coat.



Serve up

- Divide the Indian beef and cauli-potato pie between plates.
- · Serve with the leafy tomato salad. Enjoy!

