



Rosemary Pork & Hidden Veggie Pie

with Parmesan Mashed Potato Topping

KID FRIENDLY

Grab your Meal Kit with this symbol



Chopped Potato



Rosemary



Carrot



Pork Mince



Garlic & Herb Seasoning



Tomato Paste



Chicken Stock Pot



Baby Spinach Leaves



Parmesan Cheese



Parmesan Cheese

Prep in: 15-25 mins
Ready in: 35-45 mins



Calorie Smart*

*Custom recipe is not Calorie Smart

Saucy, rosemary pork mince filling and cheesy mash topping work wonders when paired together and are easily topping the pie charts for best flavour combinations!

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
chopped potato	1 medium packet	1 large packet
butter*	40g	80g
milk*	2 tbs	¼ cup
rosemary	1 stick	2 sticks
carrot	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
chicken stock pot	1 packet	2 packets
water*	¾ cup	1½ cups
baby spinach leaves	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2677kJ (640Cal)	528kJ (126Cal)
Protein (g)	36.7g	7.2g
Fat, total (g)	35.2g	6.9g
- saturated (g)	18.9g	3.7g
Carbohydrate (g)	41.3g	8.1g
- sugars (g)	11.3g	2.2g
Sodium (mg)	1373mg	271mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2885kJ (690Cal)	555kJ (133Cal)
Protein (g)	40.8g	7.8g
Fat, total (g)	38.8g	7.5g
- saturated (g)	21.6g	4.2g
Carbohydrate (g)	41.5g	8g
- sugars (g)	11.4g	2.2g
Sodium (mg)	1505mg	289mg

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!

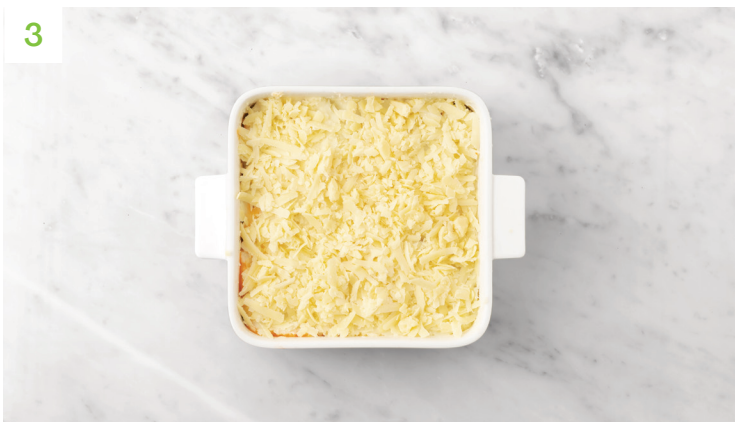
Scan here if you have any questions or concerns



Make the mash

- Bring a medium saucepan of salted water to the boil.
- Cook **chopped potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to potato and season generously with **salt**. Mash until smooth.
- Meanwhile, pick and finely chop **rosemary** and **carrot**.

Little cooks: Get those muscles working and help mash the potatoes!



Finish filling & grill the pie

- Reduce heat to medium. Add **chicken stock pot** and the **water**. Stir well to combine and cook until slightly reduced, **2-4 minutes**.
- Stir through **baby spinach leaves** and season to taste.
- Preheat grill to medium-high.
- Transfer **pork mixture** to a medium baking dish and spread **mashed potato** over the top, smoothing out with the back of a spoon.
- Sprinkle over **Parmesan cheese** and grill until the cheese is melted and golden, **5-10 minutes**.

Custom Recipe: If you've doubled your Parmesan cheese, add extra cheese to pie as above.



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **carrot** and cook, stirring, until softened, **4-5 minutes**.
- Add **rosemary** and **pork mince** and cook, breaking up mince with a spoon, until just browned, **3-4 minutes**.
- Add **garlic & herb seasoning** and **tomato paste** and cook, stirring, until fragrant, **1 minute**.

TIP: For best results, drain the oil from the pan before adding the seasoning.



Serve up

- Divide rosemary pork and hidden veggie pie between plates to serve. Enjoy!

Rate your recipe

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