



# American-Style Beef & Cheesy Mash Pie

with Baby Spinach

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Brown Onion



Garlic



Beef Mince



All-American Spice Blend



Diced Tomatoes with Onion & Garlic



Baby Spinach Leaves



Cheddar Cheese



Pork Mince

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

This smoky beef and cheesy mash pie is a real crowd-pleasing delight. To combat a chilly night by whipping up this hearty pie in a jiffy and let the aromas take over!

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

### 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

Medium saucepan · Large frying pan · Medium 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
carrot	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
beef mince	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
diced tomatoes with onion & garlic	½ packet	1 packet
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2920kJ (698Cal)	439kJ (105Cal)
Protein (g)	42.5g	6.4g
Fat, total (g)	37.1g	5.6g
- saturated (g)	20.9g	3.1g
Carbohydrate (g)	48.2g	7.2g
- sugars (g)	25.2g	3.8g
Sodium (mg)	1330mg	200mg
Dietary Fibre (g)	11.3g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2893kJ (691Cal)	435kJ (104Cal)
Protein (g)	39.1g	5.9g
Fat, total (g)	38.1g	5.7g
- saturated (g)	20.5g	3.1g
Carbohydrate (g)	48.2g	7.2g
- sugars (g)	25.2g	3.8g
Sodium (mg)	1329mg	200mg
Dietary Fibre (g)	11.3g	1.7g

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.

## 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.
- 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 the pan. Add the **butter**, **milk** and a pinch of **salt** and mash until smooth.

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



## Assemble the pie

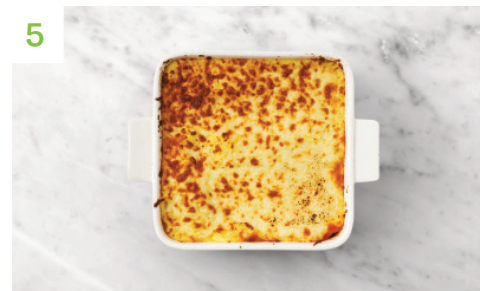
- Preheat grill to medium-high.
- Transfer the **mince mixture** to a baking dish, then spread the **mashed potato** over the top, smoothing it out with the back of a spoon.
- Sprinkle over **Cheddar cheese**.

**Little cooks:** *Join in on the fun by smoothing the mash mixture evenly over the pie and adding the cheese!*



## Get prepped

- While the potato is cooking, grate **carrot**.
- Finely chop **brown onion** and **garlic**.



## Grill the pie

- Grill **pie** until the cheese is melted and golden, **8-10 minutes**.

**Custom Recipe:** Grill the pork and cheesy mash pie in the same way as above.



## Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **3-4 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**. Add **carrot**, half the **garlic** and **All-American spice blend** and cook, stirring, until softened, **2-3 minutes**.
- Add **diced tomatoes with onion & garlic** and the **brown sugar**, stir well and cook until just reduced, **2 minutes**.
- Stir in **baby spinach leaves** until wilted. Season to taste.

**Custom Recipe:** If you've swapped to pork mince, cook pork in the same way as above.



## Serve up

- Divide the American-style beef and cheesy mash pie between plates to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)