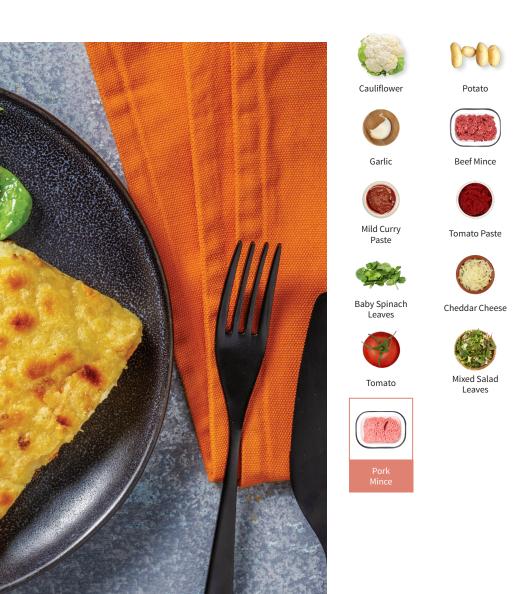


Warming Indian Beef & Cauli-Potato Pie with Garden Salad

COSY COMFORTS KID FRIENDLY







IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD! Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

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 the cosiest upgrade.

Pantry items Olive Oil, Butter, Milk, White Wine Vinegar



Carb Smart

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

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 or large baking dish

Ingredients

	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
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)	2181kJ (521Cal)	476kJ (114Cal)
Protein (g)	39.1g	8.5g
Fat, total (g)	30.4g	6.6g
- saturated (g)	15.5g	3.4g
Carbohydrate (g)	21.9g	4.8g
- sugars (g)	12.9g	2.8g
Sodium (mg)	1394mg	304mg
Dietary Fibre (g)	6.9g	1.5g
Custom Desine		

Custom Recipe

Per Serving	Per 100g
2154kJ (515Cal)	470kJ (112Cal)
35.7g	7.8g
31.3g	6.8g
15g	3.3g
21.9g	4.8g
12.9g	2.8g
1393mg	304mg
6.9g	1.5g
	2154kJ (515Cal) 35.7g 31.3g 15g 21.9g 12.9g 1393mg

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!





Start the cauli-potato 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. Stir in the water and cook until slightly reduced, 1-2 minutes. Add baby spinach leaves, stirring to combine.

TIP: For best results, drain the oil from the pan before cooking the sauce.

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



Finish the mash

• Add the **butter**, **milk** and a good pinch of **salt** to the pan with potato and cauliflower. Mash until smooth.

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



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.

Little cooks: Take the lead by tossing the salad!

Serve up

- Divide the warming Indian beef and cauli-potato pie between plates.
- Serve with the garden salad. Enjoy!

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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.

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