

# Rustic Italian Beef & Cauli-Potato Pie

with Mushroom, Spinach & Parmesan

KID FRIENDLY

Grab your meal kit with this number

39



Cauliflower



Potato



Thyme



Sliced Mushrooms



Beef Mince



Tomato Paste



Garlic & Herb Seasoning



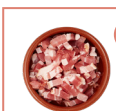
Chicken-Style Stock Powder



Baby Spinach Leaves



Parmesan Cheese



Diced Bacon



Chicken Tenderloins

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

Carb Smart

Eat Me First

This one is in a comfy and homey league of its own. We've taken your favourite parts of a ragu, switched out the standard topping for a cauli-potato mash and whipped it all up just like a shepherd's pie.

### Pantry items

Olive Oil, Milk, Butter, Brown Sugar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 with a lid · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
potato	2	4
<b>milk*</b>	1 tbs	2 tbs
<b>butter*</b>	40g	80g
thyme	1 packet	1 packet
sliced mushrooms	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	2 medium sachets
chicken-style stock powder	1 medium sachet	1 large sachet
<b>water*</b>	½ cup	1 cups
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2657kJ (635Cal)	440kJ (105Cal)
Protein (g)	43g	7.1g
Fat, total (g)	34.2g	5.7g
- saturated (g)	19.5g	3.2g
Carbohydrate (g)	37.2g	6.2g
- sugars (g)	12.7g	2.1g
Sodium (mg)	1221mg	202mg
Dietary Fibre (g)	9.6g	1.6g

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



1



## Make the cauli-potato mash

- Bring a medium saucepan of salted water to the boil. Cut **cauliflower** into small florets. Peel **potato** and 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. Add the **milk**, half the **butter** and a generous pinch of **salt**. Mash until smooth and cover to keep warm.

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

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

4



## Make it saucy

- Reduce heat to medium, then add **tomato paste**, **thyme** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **chicken-style stock powder**, the **water**, **brown sugar** and remaining **butter** and cook, until slightly thickened, **2-3 minutes**.
- Remove from heat and stir in **baby spinach leaves** until wilted.

2



## Get prepped

- While the veggies are cooking, pick **thyme** leaves.

5



## Bake the pie

- Transfer the filling to a baking dish and spread evenly with the **cauli-potato mash**.
- Sprinkle with **Parmesan cheese**. Season with **pepper**.
- Grill pie until the top is lightly golden, **5-10 minutes**.

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

3



## Cook the beef

- Preheat grill to high.
- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **sliced mushrooms**, stirring, **3-4 minutes**.
- Add **beef mince** and cook, breaking up with a wooden spoon, until just browned, **4-5 minutes**.

**TIP:** Drain oil from pan after cooking the beef mince for best results!

6



## Serve up

- Divide the Italian beef and cauli-potato mash pie between plates to serve. Enjoy!

### CUSTOM OPTIONS



#### ADD DICED BACON

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



#### SWAP TO CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

