

# Mumbai-Spiced Mushroom & Veggie Pie

with Flaked Almonds & Garden Salad

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Potato



Brown Onion



Garlic



Celery



Carrot



Green Beans



Sliced Mushrooms



Tomato Paste



Mumbai Spice Blend



Baby Spinach Leaves



Vegetable Stock Powder



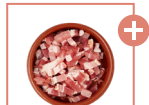
Coconut Milk



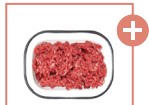
Mixed Salad Leaves



Flaked Almonds



Diced Bacon



Beef Mince

Prep in: 25-35 mins  
Ready in: 40-50 mins



Plant Based



Eat Me First



Calorie Smart

No-one will want to miss dinner when this irresistible plant-based pie is on the menu! With a saucy Mumbai-spiced mushroom filling, smooth almond-topped mash and a crisp garden salad, it's humble home cooking at its finest.

### Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk, White Wine Vinegar

## 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 · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>plant-based butter*</b>	40g	80g
<b>plant-based milk*</b>	2 tbs	¼ cup
brown onion	1	2
garlic	3 cloves	6 cloves
celery	1 medium packet	1 large packet
carrot	1	2
green beans	1 small packet	1 medium packet
sliced mushrooms	1 medium packet	1 large packet
tomato paste	1 medium packet	2 medium packets
Mumbai spice blend	1 large sachet	2 large sachets
baby spinach leaves	1 small packet	1 medium packet
vegetable stock powder	½ large sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
<b>water*</b>	2 tbs	¼ cup
<b>white wine vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2554kJ (610Cal)	349kJ (83Cal)
Protein (g)	15.9g	2.2g
Fat, total (g)	38.8g	5.3g
- saturated (g)	19.8g	2.7g
Carbohydrate (g)	46.7g	6.4g
- sugars (g)	22.4g	3.1g
Sodium (mg)	1663mg	227mg
Dietary Fibre (g)	18.4g	2.5g

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 saucepan. Add the **plant based butter** and **plant-based milk**, then season generously with **salt**. Mash until smooth.



## Grill the pie

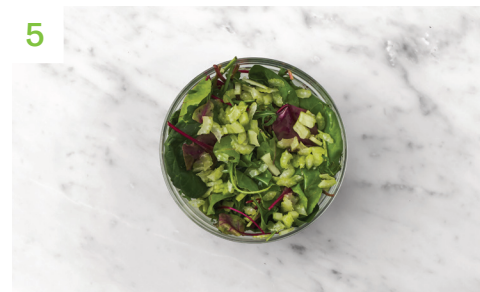
- Preheat grill to high.
- Transfer filling to a baking dish. Spread mash on top using the back of a spoon.
- Grill until golden, **8-10 minutes**.

**TIP:** *Grills cook fast, so keep an eye on the pie!*



## Get prepped

- Meanwhile, finely chop **brown onion** and **garlic**.
- Thinly slice **celery**.
- Grate **carrot**.
- Trim **green beans** and roughly chop.



## Make the salad

- While the pie is grilling, combine a drizzle of **white wine vinegar** and **olive oil** in a large bowl.
- Season, then add **celery** and **mixed salad leaves**. Toss to combine.



## Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, **green beans** and **sliced mushrooms** until just browned, **5-6 minutes**.
- Add **carrot** and cook until softened, **2-3 minutes**. Add **tomato paste**, **Mumbai spice blend** and **garlic** and cook until fragrant, **1 minute**.
- Add **baby spinach leaves**, **vegetable stock powder** (see ingredients), **coconut milk** and the **water** and cook until thickened, **2-3 minutes**. Season to taste.



## Serve up

- Divide Mumbai-spiced mushroom and veggie pie between bowls.
- Sprinkle with **flaked almonds** to serve.
- Serve with garden salad. Enjoy!

### CUSTOM OPTIONS

#### + ADD DICED BACON

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

#### + ADD BEEF MINCE

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

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

