



Plant-Based Mince & Veggie Pie

with Potato Topping & Spring Onion

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Potato



Carrot



Celery



Leek



Spring Onion



Plant-Based Mince



Tomato Paste



Garlic Paste



Nan's Special Seasoning



Beef Mince



Chicken Breast

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

Calorie Smart

Plant Based

We thought we'd give your average shepherd's pie a makeover! Not only does the plant-based mince filling and potato topping work a treat, we've also snuck in some hidden veggies that take this dish to the next level!

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk

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
olive oil*	refer to method	refer to method
potato	3	6
plant-based butter*	30g	60g
plant-based milk*	2 tbs	¼ cup
carrot	1	2
celery	1 medium packet	1 large packet
leek	1	2
spring onion	1 stem	2 stems
plant-based mince	1 packet	2 packets
tomato paste	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2281kJ (545Cal)	368kJ (88Cal)
Protein (g)	32.8g	5.3g
Fat, total (g)	20.5g	3.3g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	50.4g	8.1g
- sugars (g)	17.9g	2.9g
Sodium (mg)	1605mg	259mg
Dietary Fibre (g)	15.9g	2.6g

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 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

2024 | CW30



1 Make the potato topping

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **plant-based butter** and the **plant-based milk** to potato and season generously with **salt**. Mash until smooth.

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



4 Finish the filling

- Add **tomato paste**, **garlic paste** and **Nan's special seasoning** and cook, until fragrant, **1 minute**.
- Stir in the **water**, until slightly reduced, **1-2 minutes**. Season to taste.



2 Get prepped

- Slice **carrot** into thin half-moons.
- Thinly slice **celery** and **leek**.
- Thinly slice **spring onion**.



5 Bake the pie

- Preheat grill to high.
- Transfer **filling** to a baking dish and evenly spread **mash potato** over the top with a drizzle of **olive oil**.
- Grill until lightly golden, **8-10 minutes**.

TIP: Drizzling with olive oil helps the topping to crisp and brown!



3 Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, **celery** and **leek** stirring, until just tender, **3-4 minutes**.
- Add **plant-based mince** and cook, breaking up mince with a spoon, until just browned, **4-5 minutes**.



6 Serve up

- Divide plant-based mince and veggie pie between plates.
- Top with spring onion to serve. Enjoy!

CUSTOM OPTIONS



SWAP TO BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



SWAP TO CHICKEN BREAST

Cut chicken into 2cm chunks. Before cooking sauce, cook chicken, 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.

