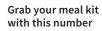


Plant-Based Mince & Veggie Pie

with Potato Topping & Spring Onion

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR





Carrot

Leek

Plant-Based

Mince



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

Calorie Smart

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





Seasoning



Plant Based 0

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 \cdot Large frying pan \cdot Medium or large baking dish

Ingredients

2 People	4 People
refer to method	refer to method
3	6
30g	60g
2 tbs	¼ cup
1	2
1 medium packet	1 large packet
1	2
1 stem	2 stems
1 packet	2 packets
1 medium packet	1 large packet
1 packet	2 packets
1 medium sachet	1 large sachet
½ cup	1 cup
	refer to method 3 30g 2 tbs 1 1 medium packet 1 1 stem 1 packet 1 medium packet 1 packet 1 medium sachet

*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.



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.



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.



Get prepped

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



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.



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!



Serve up

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

We're here to help! Scan here if you have any questions or concerns 2024 | CW30

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.

