



Mexican Bean & Veggie Pie

with Potato Mash & Panko Topping

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



Potato



Celery



Brown Onion



Sweetcorn



Black Beans



Panko Breadcrumbs



Mexican Fiesta Spice Blend



Garlic Paste



Enchilada Sauce



Baby Spinach Leaves



Coriander



Diced Bacon



Beef Mince

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

Plant Based

We thought we'd give your average shepherd's pie a makeover! Let us present to you your new go-to pie recipe. By swapping mince to black beans, watch as the beans and potato topping soak up the herby filling to perfection.

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

Large saucepan · Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
plant-based butter* (for the mash)	30g	60g
plant-based milk*	2 tbs	¼ cup
celery	1 medium packet	1 large packet
brown onion	1	2
sweetcorn	1 medium tin	1 large tin
black beans	1 packet	2 packets
panko breadcrumbs	½ medium packet	1 medium packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
garlic paste	1 packet	2 packets
enchilada sauce	1 packet	2 packets
salt*	¼ tsp	½ tsp
water*	¼ cup	½ cup
baby spinach leaves	1 small packet	1 medium packet
plant-based butter* (for the sauce)	20g	40g
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2869kJ (686cal)	234kJ (56cal)
Protein (g)	29.1g	2.4g
Fat, total (g)	18.2g	1.5g
- saturated (g)	3.9g	0.3g
Carbohydrate (g)	91g	7.4g
- sugars (g)	18g	1.5g
Sodium (mg)	1852mg	151.3mg
Dietary Fibre (g)	22.3g	1.8g

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 | CW33



Make the mash

- 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 (for the mash)** and **plant-based milk** to potato and season with **salt**.
- Mash until smooth. Cover to keep warm.

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



Finish the filling

- Add **enchilada sauce**, the **salt** and **water**, then simmer until slightly thickened, **1-2 minutes**.
- Remove from heat then stir in **baby spinach leaves**, the **plant-based butter (for the sauce)** and a pinch of **brown sugar**, until spinach has wilted.



Get prepped

- While the potatoes are cooking, finely chop **celery** and **brown onion**.
- Drain **sweetcorn**.
- Drain and rinse **black beans**.
- In a small bowl, combine **panko breadcrumbs (see ingredients)** and a drizzle of **olive oil**. Set aside.



Grill the pie

- Preheat oven grill to high.
- Transfer **bean filling** to a baking dish. Spread **mash** on top using the back of a spoon.
- Sprinkle over **panko mixture** and drizzle with **olive oil**, then grill until golden, **8-10 minutes**.

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

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



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **celery**, stirring, until tender, **4-5 minutes**.
- Add **corn** and **black beans** and cook until tender, **2-3 minutes**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Add **Mexican fiesta spice blend** and **garlic paste** and cook, stirring until fragrant, **1-2 minutes**.



Serve up

- Divide Mexican bean and veggie pie between plates.
- Tear over with **coriander** to serve. 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

Before cooking sauce, cook beef mince, 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.

