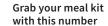


Mexican Bean & Veggie Pie with Potato Mash & Panko Topping

CLIMATE SUPERSTAR









Brown Onion

Sweetcorn





Black Beans

Panko Breadcrumbs





Mexican Fiesta Spice Blend

Garlic Paste





Enchilada Sauce

Baby Spinach Leaves



Coriander





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



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

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

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	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	1/4 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*	1/4 tsp	½ tsp	
water*	1/4 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.



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.



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.



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.



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.



Grill the pie

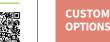
- · Preheat oven grill to high.
- Transfer bean filling to a baking dish. Spread mash on top using the back of a spoon.
- Sprinkle over **panko mixture** and drizzle with olive oil, then grill until golden, 8-10 minutes.

TIP: Grills cook fast, so keep an eye on the pie! TIP: Drizzling with olive oil helps the topping to crisp and brown!



Serve up

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



ADD DICED BACON

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.

