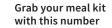


Plant-Based Mexican Shepherds Pie

with Pickled Jalapeños & Salad

ALTERNATIVE PROTEIN













Carrot



Snaking Tomatoes





Plant-Based Mince

Tomato Paste





Mexican Fiesta Spice Blend

Mixed Salad Leaves



Pickled Jalapeños (Optional)

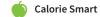








Plant Based



We thought we'd give your average shepherd's pie a makeover! Let us present to you your new go-to pie recipe. Not only does the plant-based mince filling and potato topping soak up the Mexican spice blend to perfection, we've also paired it with a light and bright tomato salad to bring in some extra freshness!

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 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*	20g	40g	
plant-based milk*	2 tbs	1/4 cup	
brown onion	1	2	
garlic	2 cloves	4 cloves	
carrot	1	2	
snacking tomatoes	1 packet	2 packets	
sweetcorn	1 medium tin	1 large tin	
plant-based mince	1 packet	2 packets	
tomato paste	1 medium packet	1 large packet	
Mexican Fiesta spice blend 🥖	1 medium sachet	1 large sachet	
water*	¾ cup	1½ cups	
salt*	1/4 tsp	½ tsp	
mixed salad leaves	1 small packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	
pickled jalapeños ∮ (optional)	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2293kJ (548cal)	238kJ (57cal)
Protein (g)	32.9g	3.4g
Fat, total (g)	16g	1.7g
- saturated (g)	4g	0.4g
Carbohydrate (g)	59.1g	6.1g
- sugars (g)	23g	2.4g
Sodium (mg)	1997mg	207.4mg
Dietary Fibre (g)	18.2g	1.9g

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

- 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 fork,
 12-15 minutes. Drain and return to the pan.
- Add the plant-based butter 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.



Bake the pie

- Transfer mince filling to a medium baking dish and spread potato mash over the top with a drizzle of olive oil.
- Grill pie until lightly golden, 8-10 minutes.

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



Make the filling

- Meanwhile, preheat grill to high. Finely chop brown onion and garlic. Grate carrot. Roughly chop snacking tomatoes. Drain sweetcorn.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook
 plant-based mince, onion, carrot and corn, stirring, until browned and
 softened, 6-8 minutes.
- SPICY! The spice blend is hot, use less if you're sensitive to heat. Add garlic, tomato paste and Mexican Fiesta spice blend and cook until fragrant, 1-2 minutes.
- Add the water and salt. Stir to combine and simmer until slightly thickened,
 1-2 minutes.



Serve up

- Meanwhile, in a medium bowl, combine tomato, mixed salad leaves and a drizzle of white wine vinegar and olive oil. Season.
- Divide plant-based Mexican shepherd's pie between plates.
- Top with pickled jalapeños (if using).
- Serve with salad. Enjoy!





SWAP TO BEEF MINCE

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

