



# Plant-Based Mexican Shepherd's Pie

with Pickled Jalapeños & Salad

ALTERNATIVE PROTEIN

Grab your meal kit with this number

10



Potato



Brown Onion



Garlic



Carrot



Snaking Tomatoes



Sweetcorn



Plant-Based Mince



Tomato Paste



Mexican Fiesta Spice Blend



Mixed Salad Leaves



Pickled Jalapeños (Optional)



Beef Mince



Pork Mince

Prep in: 20-30 mins  
Ready in: 35-45 mins

Calorie Smart

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
<b>plant-based butter*</b>	20g	40g
<b>plant-based milk*</b>	2 tbs	¼ 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
<b>water*</b>	¾ cup	1½ cups
<b>salt*</b>	¼ tsp	½ tsp
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	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](https://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 | CW35



## 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!

### 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 PORK MINCE

Follow method above, cooking in batches if necessary.

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

