



American-Style Beef & Cheesy Mash Pie

with Baby Spinach

WINTER WARMERS

KID FRIENDLY

Grab your meal kit with this number

1



Potato



Carrot



Brown Onion



Garlic



Beef Mince



All-American Spice Blend



Tomato Sugo



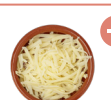
Baby Spinach Leaves



Cheddar Cheese



Pork Mince



Cheddar Cheese

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

Protein Rich

This smokey beef and cheesy mash pie is a real crowd-pleasing delight. To combat a chilly night, whip up this hearty pie in a jiffy and let the aromas take over!

Pantry items

Olive Oil, Butter, Milk, Brown Sugar

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 with a lid · Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
butter*	40g	80g
milk*	2 tbs	¼ cup
carrot	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
beef mince	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
tomato sugo	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3115kJ (744cal)	283kJ (68cal)
Protein (g)	44.8g	4.1g
Fat, total (g)	36.3g	3.3g
- saturated (g)	20.4g	1.9g
Carbohydrate (g)	58.9g	5.4g
- sugars (g)	26.9g	2.4g
Sodium (mg)	1333mg	121.2mg
Dietary Fibre (g)	13.1g	1.2g

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.

1



Make the mash

- Bring a medium saucepan of salted water to the boil over high heat.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**.
- Drain and return to the pan. Add the **butter, milk** and a pinch of **salt**. Mash until smooth.

Little cooks: *Get those muscles working and help mash the potatoes!*

4



Transfer the filling

- Preheat grill to medium-high.
- Transfer **mince mixture** to a medium baking dish, then spread the **mashed potato** over the top, smoothing it out with the back of a spoon.
- Sprinkle over **Cheddar cheese**.

Little cooks: *Join in on the fun by smoothing the mash mixture evenly over the pie and adding the cheese!*

2



Get prepped

- While the potato is cooking, grate **carrot**.
- Finely chop **brown onion** and **garlic**.

5



Grill the pie

- Grill **pie** until the cheese is melted and golden, **8-10 minutes**.

3



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **3-4 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**. Add **carrot, garlic** and **All-American spice blend**, then cook, stirring until softened, **2-3 minutes**.
- Add **tomato sugo** and the **brown sugar**, stirring well, until just reduced, **2 minutes**.
- Stir in **baby spinach leaves** until wilted. Season to taste with **salt** and **pepper**.

6



Serve up

- Divide the American-style beef and cheesy mash pie between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



CUSTOM OPTIONS



SWAP TO PORK MINCE
Follow method above.



DOUBLE CHEDDAR CHEESE
Follow method above.

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

