

Creamy Mushroom & White Bean Pie

with Mashed Potato Topping & Chilli

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Potato



Brown Onion



Garlic



Carrot



Cannellini Beans



Long Chilli (Optional)



Sliced Mushrooms



Herb & Mushroom Seasoning



Light Cooking Cream



Vegetable Stock Pot



Baby Spinach Leaves



Diced Bacon



Parmesan Cheese

Prep in: 25-35 mins
Ready in: 40-50 mins

Calorie Smart

Eat Me First

We thought we'd give your average shepherd's pie a makeover! By swapping mince to cannellini beans, watch as the beans and potato topping soak up the herby filling to perfection. We've also paired it with some hidden veg to bring in some freshness and fresh chilli to serve!

Pantry items

Olive Oil, Butter, 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 or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
brown onion	1	2
garlic	2	4
carrot	1	2
cannellini beans	1 packet	2 packets
long chilli  (optional)	½	1
sliced mushrooms	1 medium packet	1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
light cooking cream	1 medium packet	1 large packet
water*	¼ cup	½ cup
vegetable stock pot	½ packet	1 packet
baby spinach leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2692kJ (643cal)	216kJ (52cal)
Protein (g)	22.9g	1.8g
Fat, total (g)	31.1g	2.5g
- saturated (g)	19g	1.5g
Carbohydrate (g)	59.9g	4.8g
- sugars (g)	18.8g	1.5g
Sodium (mg)	1397mg	112.1mg
Dietary Fibre (g)	23.7g	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.



1 Make the mash topping

- 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 **butter** and **milk** to potato and season with **salt**. Mash until smooth.

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



4 Finish the filling

- Add **cannellini beans**, **garlic**, **herb & mushroom seasoning** and a drizzle of **olive oil** to pan, then cook, stirring until fragrant and slightly tender, **2 minutes**.
- Stir in **light cooking cream**, the **water** and **vegetable stock pot (see ingredients)**, then simmer, until slightly reduced, **1-2 minutes**.
- Remove from heat, add **baby spinach leaves**, stirring, until wilted. Season to taste with **salt** and **pepper**.



2 Get prepped

- Meanwhile, preheat grill to high.
- Finely chop **brown onion** and **garlic**.
- Grate **carrot**.
- Drain and rinse **cannellini beans**.
- Finely chop **long chilli** (if using).



5 Bake the pie

- Transfer **mushroom filling** into a baking dish and evenly spread **mashed potato** over the top. Drizzle generously with **olive oil**.
- Grill **pie**, until lightly golden, **8-10 minutes**.

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



3 Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **sliced mushrooms**, stirring, until slightly browned and softened, **2-3 minutes**.
- Add **carrot** and **onion** and cook, stirring, until tender, **4-5 minutes**.



6 Serve up

- Divide creamy mushroom and white bean pie between plates.
- Sprinkle over **chilli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS

+ ADD DICED BACON

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

+ ADD PARMESAN CHEESE

Sprinkle over before serving.

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

