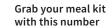


Creamy Mushroom & White Bean Pie with Mashed Potato Topping & Chilli

CLIMATE SUPERSTAR













Potato





Carrot







Cannellini Beans

Long Chilli (Optional)







Sliced Mushrooms

Herb & Mushroom Seasoning





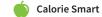








Prep in: 25-35 mins Ready in: 40-50 mins



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

 $\mbox{Large saucepan} \cdot \mbox{Large frying pan} \cdot \mbox{Medium or large baking dish}$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	1/4 cup
brown onion	1	2
garlic	2	4
carrot	1	2
cannellini beans	1 packet	2 packets
long chilli ∮ (optional)	1/2	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*	1/4 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.



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.



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).



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.



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.



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!



Serve up

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



We're here to help!