



# Italian Beef & Spinach Pie

with Potato Topping & Parmesan

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

24



Potato



Carrot



Brown Onion



Garlic Paste



Italian Herbs



Beef Mince



Tomato Paste



Vegetable Stock Pot



Baby Spinach Leaves



Parmesan Cheese



Pork Mince



Diced Bacon

Prep in: 20-30 mins  
Ready in: 25-35 mins

Carb Smart

Protein Rich

Eat Me First

We've brought all the mashed potato goodness and some tomatoey and herby beef together, to make the pie of a lifetime! After this one comes out of the oven all golden and crispy, all you need is a knife and fork to dig in!

### 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

Large saucepan · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
brown onion	½	1
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
Italian herbs	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
<b>water*</b>	½ cup	1 cup
vegetable stock pot	1 small packet	1 medium packet
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2608kJ (623Cal)	504kJ (120Cal)
Protein (g)	39.3g	7.6g
Fat, total (g)	35.3g	6.8g
- saturated (g)	19.8g	3.8g
Carbohydrate (g)	34.4g	6.7g
- sugars (g)	13.7g	2.6g
Sodium (mg)	943mg	182mg
Dietary Fibre (g)	8g	1.5g

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.

1



## Make the mash

- 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.
- Roughly chop **carrot** into bite-sized chunks.
- Peel and finely chop **brown onion (see ingredients)**.
- 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.

3



## Grill the pie

- Preheat grill to medium-high.
- Transfer **beef filling** to a baking dish. Spread **mash** over the top.
- Sprinkle over **Parmesan cheese**.
- Grill pie, until the mash is golden, **5-10 minutes**.

**TIP:** Grills cook fast, so keep an eye on the pie!

2



## Cook the filling

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes** (for best results, drain oil from pan before adding the veggies).
- Stir in **carrot** and **onion** and cook, tossing, until softened, **4-5 minutes**.
- Add **garlic paste**, **Italian herbs** and **tomato paste** and cook until fragrant, **1 minute**.
- Stir in the **water**, **vegetable stock pot** and the **brown sugar** and cook until slightly thickened, **2-3 minutes**.
- Add **baby spinach leaves** and cook until just wilted, **1 minute**. Season to taste.

4



## Finish & serve

- Divide Italian beef and spinach pie with potato topping between plates to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



### CUSTOM OPTIONS

**↻ SWAP TO PORK MINCE**  
Follow method above.

**+ ADD DICED BACON**  
Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

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

