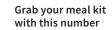


# Mexican Bean & Veggie-Loaded Pie with Potato Mash & Panko Topping

CLIMATE SUPERSTAR











**Brown Onion** 

Sweetcorn





Black Beans

Panko Breadcrumbs





Mexican Fiesta Spice Blend

Garlic Paste





Enchilada Sauce

Vegetable Stock





Baby Spinach Leaves

Chilli Flakes (Optional)





Diced Bacon

**Pantry items** 

Olive Oil, Plant-Based Butter, Plant-Based 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 · Large frying pan · Medium baking dish

## Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
plant-based butter* (for the mash)	30g	60g
plant-based milk*	2 tbs	¼ cup
celery	1 medium packet	1 large packet
brown onion	1	2
sweetcorn	1 medium tin	1 large tin
black beans	1 packet	2 packets
panko breadcrumbs	½ medium packet	1 medium packet
Mexican Fiesta spice blend 🥖	1 medium sachet	1 large sachet
garlic paste	1 medium sachet	2 medium sachets
enchilada sauce	1 packet	2 packets
vegetable stock pot	1 small packet	1 medium packet
water*	½ cup	½ cup
baby spinach leaves	1 small packet	1 medium packet
plant-based butter* (for the sauce)	20g	40g
brown sugar*	pinch	pinch
chilli flakes / (optional)	pinch	pinch

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2861kJ (337cal)	337kJ (40cal)
Protein (g)	29.2g	3.4g
Fat, total (g)	18.1g	2.1g
- saturated (g)	3.9g	0.5g
Carbohydrate (g)	90.4g	10.6g
- sugars (g)	18.1g	2.1g
Sodium (mg)	1679mg	197.8mg
Dietary Fibre (g)	22.7g	2.7g

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.

#### We're here to help!

Scan here if you have any questions or concerns

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#### 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.
- · 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 plant-based butter (for the mash) 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.



## Get prepped

- While the potatoes are cooking, finely chop celery and brown onion.
- Drain sweetcorn.
- · Drain and rinse black beans.
- In a small bowl, combine panko breadcrumbs (see ingredients) and a drizzle of olive oil. Set aside.



## Start the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook **onion** and **celery**, stirring, until tender, 4-5 minutes.
- · Add corn and black beans and cook, stirring, until tender. 2-3 minutes.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Add Mexican Fiesta spice blend and garlic paste and cook, stirring until fragrant, 1-2 minutes.



## Finish the filling

- Add enchilada sauce, vegetable stock pot and the water, then simmer until slightly thickened, 1-2 minutes.
- Remove from heat, then stir in baby spinach leaves, the plant-based butter (for the sauce) and a pinch of **brown sugar**, until wilted.



## Grill the pie

- · Preheat oven grill to high.
- Transfer bean filling to a baking dish. Spread mash on top, using the back of a spoon.
- Sprinkle over panko mixture and drizzle with olive oil, then grill until golden, 8-10 minutes.

TIP: Grills cook fast, so keep an eye on the pie! TIP: Drizzling with olive oil helps the topping to crisp and brown!



### Finish & serve

- Divide Mexican bean and veggie-loaded pie between plates.
- Sprinkle over chilli flakes (if using) to serve. Enjoy!





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



Before cooking sauce, cook beef mince, 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.



