



Italian Beef & Spinach Pie

with Potato Topping & Parmesan

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

24



Potato



Beef Mince



Soffritto Mix



Garlic Paste



Italian Herbs



Tomato Paste



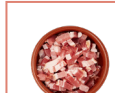
Vegetable Stock Pot



Baby Spinach Leaves



Parmesan Cheese



Diced Bacon



Pork Mince

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

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
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
beef mince	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	2 medium packets
garlic paste	1 packet	2 packets
Italian herbs	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
water*	½ cup	1 cup
vegetable stock pot	1 small packet	1 medium packet
brown sugar*	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 (97cal)
Protein (g)	39.2g	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)	944mg	182.6mg
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 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.
- 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 **soffritto mix** 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 **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 | CW03



CUSTOM OPTIONS



ADD DICED BACON

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



SWAP TO PORK MINCE

Follow method above.

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

