



Indian-Spiced Mushroom & Veggie Pie

with Flaked Almonds & Garden Salad

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Cucumber



Carrot



Green Beans



Tomato Paste



Mumbai Spice Blend



Baby Spinach Leaves



Vegetable Stock Powder



Coconut Milk



Flaked Almonds



Mixed Salad Leaves



Sliced Mushrooms

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



Calorie Smart



Plant based



Naturally Gluten-Free
Not suitable for coeliacs



Eat Me Early

No-one will want to miss dinner when this irresistible plant-based pie is on the menu! With a saucy Mumbai-spiced mushroom filling, smooth almond-topped mash and a crisp garden salad, it's humble home cooking at its finest.

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium 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
plant-based butter*	40g	80g
plant-based milk*	2 tbs	¼ cup
brown onion	1	2
garlic	3 cloves	6 cloves
sliced mushrooms	1 medium packet	1 large packet
cucumber	1	2
carrot	1	2
green beans	1 small bag	1 medium bag
tomato paste	1 packet	2 packets
Mumbai spice blend	1 large sachet	2 large sachets
baby spinach leaves	1 small bag	1 medium bag
vegetable stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium tin	1 large tin
flaked almonds	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2606kJ (623Cal)	328kJ (78Cal)
Protein (g)	14.7g	1.8g
Fat, total (g)	37.5g	4.7g
- saturated (g)	17.3g	2.2g
Carbohydrate (g)	51.1g	6.4g
- sugars (g)	22.5g	2.8g
Sodium (mg)	1818mg	229mg

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://www.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

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**.
- Drain and return to saucepan. Add the **plant-based butter** and the **plant-based milk**, then season generously with **salt**. Mash until smooth.



Grill the pie

- Preheat grill to high.
- Transfer **filling** to a baking dish. Spread **mash** on top using the back of a spoon. Sprinkle with **flaked almonds**.
- Grill until golden, **8-10 minutes**.

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



Get prepped

- Meanwhile, finely chop **brown onion** and **garlic**.
- Thinly slice **cucumber** into half-moons.
- Grate **carrot**.
- Trim **green beans**.



Make the salad

- While the pie is grilling, combine a drizzle of **white wine vinegar** and **olive oil** in a medium bowl.
- Season, then add **cucumber** and **mixed salad leaves**.
- Toss to combine.



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans** and **sliced mushrooms** until just browned, **5-6 minutes**.
- Add **carrot** and cook until softened, **2-3 minutes**. Add **tomato paste**, **Mumbai spice blend** and **garlic** and cook until fragrant, **1 minute**.
- Add **baby spinach leaves**, **vegetable stock powder**, **coconut milk** and a splash of **water** and cook until thickened, **1-2 minutes**. Season to taste.



Serve up

- Divide Indian-spiced mushroom and veggie pie between plates.
- Serve with garden salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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