



Italian Butter Bean & Veggie Pie

with Potato Top & Garlicky Green Beans

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Celery



Brown Onion



Garlic



Green Beans



Butter Beans



Italian Herbs



Garlic & Herb Seasoning



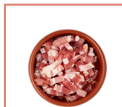
Plant-Based Cooking Cream



Baby Spinach Leaves



Vegetable Stock Pot



Diced Bacon

Prep in: 20-30 mins
Ready in: 45-55 mins
Plant Based*



*Custom Recipe is not Plant Based

We thought we'd give your average shepherd's pie a makeover! Let us present to you your new go-to pie recipe. By swapping mince to butter beans, watch as the beans and potato topping soak up the herby filling to perfection. Plus we've paired it with some green beans to bring in some extra freshness!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk

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 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
carrot	1	2
celery	1 medium packet	2 medium packets
brown onion	1	2
garlic	4 cloves	8 cloves
green beans	1 small bag	1 medium bag
butter beans	1 tin	2 tins
Italian herbs	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
plant-based cooking cream	1 packet	2 packets
vegetable stock pot	1 packet (20g)	2 packets (40g)
water*	½ cup	¾ cup
baby spinach leaves	1 medium bag	1 large bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3257kJ (778Cal)	382kJ (91Cal)
Protein (g)	24.4g	2.9g
Fat, total (g)	39.3g	4.6g
- saturated (g)	6.7g	0.8g
Carbohydrate (g)	74.1g	8.7g
- sugars (g)	24g	2.8g
Sodium (mg)	2039mg	239mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3647kJ (872Cal)	406kJ (97Cal)
Protein (g)	31.1g	3.5g
Fat, total (g)	46.2g	5.1g
- saturated (g)	9.3g	1g
Carbohydrate (g)	75g	8.3g
- sugars (g)	24.5g	2.7g
Sodium (mg)	2471mg	275mg

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

2023 | CW09



Make the mash

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

TIP: Save time and get more fibre by leaving the potato unpeeled.



Bake the pie

- Transfer **bean filling** to a medium baking dish and spread **potato mash** over the top with a drizzle of **olive oil**. Grill until lightly golden, **8-10 minutes**.

TIP: A drizzle of olive oil will help the topping to crisp and brown!



Get prepped

- Meanwhile, preheat grill to high.
- Thinly slice **carrot** into half-moons. Finely chop **celery**, **brown onion** and **garlic**. Trim **green beans**.
- Drain and rinse **butter beans**.



Cook the green beans

- While pie is grilling, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans**, tossing, until tender, **4-5 minutes**. Add remaining **garlic** and cook until fragrant, **1 minute**. Season.



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot**, **celery** and **onion**, stirring occasionally, until softened, **6-8 minutes**.
- Reduce heat to medium-high and add **butter beans**, **Italian herbs**, **garlic & herb seasoning**, and 1/2 the **garlic** and cook until fragrant, **1 minute**.
- Stir in **plant-based cooking cream**, **vegetable stock pot** and the **water** and simmer until thickened, **2-3 minutes**.
- Remove from heat and stir in **baby spinach leaves** until just wilted.

Custom Recipe: If you've added diced bacon, cook diced bacon with the veggies, breaking up with a spoon, 6-8 minutes. Continue as above.



Serve up

- Divide Italian butter bean & veggie pie and garlicky green beans between plates. Enjoy!

Rate your recipe

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