

Plant-Based Braised Meat Shepherd's Pie

with Pangrattato & Tomato Salad

Grab your Meal Kit with this symbol



Potato



Brown Onion



Carrot



Panko Breadcrumbs



Tomato Paste



Garlic & Herb Seasoning



Gravy Granules



Baby Spinach Leaves



Tomato



Mixed Salad Leaves



Chilli Flakes (Optional)



Plant-Based Slow Braised Meat



Garlic Paste

Prep in: 25-35 mins
Ready in: 35-45 mins

Plant Based

Who said shepherd's pie is just for meat eaters? In this meat-free version, we've swapped beef for tender plant-based, slow braised 'meat'. It's a mouthful, we know, and a surprisingly good one, making for a flavourful filling which you'll top with creamy, garlicky mash, plus a sprinkle of pangrattato for some crunch. Serve with a juicy tomato salad for an extra pop of colour and to balance out the richness.

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk, Brown Sugar, Red 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
garlic paste	1 packet	2 packets
plant-based butter*	30g	60g
plant-based milk*	2 tbs	¼ cup
brown onion	1	2
carrot	1	2
panko breadcrumbs	½ medium packet	1 medium packet
plant-based slow braised meat	1 packet	2 packets
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
gravy granules	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	1 cup	2 cups
baby spinach leaves	1 medium bag	1 large bag
tomato	1	2
red wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3027kJ (723Cal)	446kJ (106Cal)
Protein (g)	23.4g	3.4g
Fat, total (g)	30.4g	4.5g
- saturated (g)	19.1g	2.8g
Carbohydrate (g)	92.3g	13.6g
- sugars (g)	30.2g	4.5g
Sodium (mg)	1380mg	203mg

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.

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Make the mash

- Boil the kettle. Peel **potato** and cut into large chunks. Half-fill a medium saucepan with the boiled **water** and heat over high heat.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and set aside.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **garlic paste** until fragrant, **1 minute**.
- Return **potato** to pan. Add the **plant-based butter**, the **plant-based milk** and a pinch of **salt**. Mash until smooth.

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



Grill the pie

- Transfer **filling** to a baking dish.
- Spread **mash** evenly over filling.
- Sprinkle with **breadcrumb mixture**.
- Grill until lightly golden, **5-10 minutes**.

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



Get prepped

- While the potato is cooking, finely chop **brown onion** and **carrot**.
- In a small bowl, combine **panko breadcrumbs** (see ingredients), a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



Make the salad

- Meanwhile, roughly chop **tomato**.
- In a large bowl, combine a drizzle of **red wine vinegar** and **olive oil**.
- Season, then add **mixed salad leaves** and **tomato**. Toss to coat.



Cook the filling

- Preheat grill to medium-high.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot**, stirring, until softened, **4-5 minutes**.
- Add **plant-based slow braised meat** and cook, stirring, until just browned, **2-3 minutes**.
- Add **tomato paste** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **gravy granules**, the **brown sugar**, the **water** and **baby spinach leaves**. Cook, stirring, until slightly thickened, **2-3 minutes**. Season with **pepper**.



Serve up

- Divide plant-based braised meat shepherd's pie between plates.
- Sprinkle with **chilli flakes** (if using).
- Serve with tomato salad. Enjoy!

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