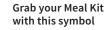


# Plant-Based Mexican Shepherds Pie

with Pickled Jalapenos & Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Carrot





Tomato

Sweetcorn



Mexican Fiesta

Tomato Paste

Spice Blend



Vegetable Stock



Powder

Mixed Salad Leaves



Plant-Based Mince

Pickled Jalapeños (Optional)



Prep in: 20-30 mins Ready in: 35-45 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. Not only does the plant-based mince filling and potato topping soak up the Mexican spice blend to perfection, we've also paired it with a light and bright tomato salad to bring in some extra freshness!

**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 baking dish Ingradiants

ingredier	its	
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
plant-based butter*	20g	40g
plant-based milk*	2 tbs	1/4 cup
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
tomato	1	2
sweetcorn	1 medium tin	1 large tin
plant-based mince	1 packet	2 packets
tomato paste	½ packet	1 packet
Mexican Fiesta spice blend 🥖	1 medium sachet	1 large sachet
water*	¾ cup	1 ½ cups
vegetable stock powder	1 medium sachet	1 large sachet
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
pickled jalapeños ∮ (optional)	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\* Custom Recipe Ingredient

## Nutrition

TAGGI ICIOIT		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2188kJ (522Cal)	321kJ (76Cal)
Protein (g)	26.4g	3.9g
Fat, total (g)	19.6g	2.9g
- saturated (g)	4g	0.6g
Carbohydrate (g)	53.8g	7.9g
- sugars (g)	23.8g	3.5g
Sodium (mg)	2018mg	296mg
Custom Recipe		_
Custom Recipe Avg Qty	Per Serving	Per 100g
	Per Serving 2279kJ (544Cal)	Per 100g 323kJ (77Cal)
Avg Qty Energy (kJ)		
Avg Qty Energy (kJ) Protein (g) Fat, total (g)	2279kJ (544Cal)	323kJ (77Cal)
Avg Qty Energy (kJ) Protein (g)	2279kJ (544Cal) 38g	323kJ (77Cal) 5.4g
Avg Qty Energy (kJ) Protein (g) Fat, total (g)	2279kJ (544Cal) 38g 20.2g	323kJ (77Cal) 5.4g 2.9g
Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g)	2279kJ (544Cal) 38g 20.2g 6.7g	323kJ (77Cal) 5.4g 2.9g 0.9g

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 2022 | CW48





### 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 with salt. Mash until smooth. Cover to keep warm.

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



# Bake the pie

- Transfer mince 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:** Drizzling with olive oil helps the topping to crisp and brown!



# Make the filling

- Meanwhile, preheat grill to high. Finely chop brown onion and garlic. Grate carrot. Roughly chop tomato. Drain sweetcorn.
- In a large frying pan, heat a drizzle of olive oil over a high heat. Cook plant**based mince**, **onion**, **carrot** and **corn**, stirring, until browned and softened, 6-8 minutes.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add **garlic**, tomato paste, Mexican Fiesta spice blend and cook until fragrant, 1-2 minutes.
- Add the water and vegetable stock powder, stir to combine and simmer until slightly thickened, 1-2 minutes.

Custom Recipe: Cook the beef mince in the same way as the plant-based mince.



# Serve up

- Meanwhile, in a medium bowl, combine tomato, mixed salad leaves and a drizzle of white wine vinegar and olive oil. Season.
- Divide plant-based Mexican shepherd's pie between plates.
- Top with **pickled jalapenos** (if using).
- Serve with salad. Enjoy!