



Plant-Based Mexican Shepherd's Pie

with Pickled Jalapenos & Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Carrot



Tomato



Sweetcorn



Tomato Paste



Mexican Fiesta Spice Blend



Vegetable Stock Powder



Mixed Salad Leaves



Plant-Based Mince



Pickled Jalapeños (Optional)



Beef Mince

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Smart



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!

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, 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

Ingredients

	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	¼ 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

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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2279kJ (544Cal)	323kJ (77Cal)
Protein (g)	38g	5.4g
Fat, total (g)	20.2g	2.9g
- saturated (g)	6.7g	0.9g
Carbohydrate (g)	48.3g	6.8g
- sugars (g)	22.7g	3.2g
Sodium (mg)	1495mg	212mg

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

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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 jalapeños** (if using).
- Serve with salad. Enjoy!