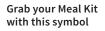


All-American Beef & Caramelised Onion Pie

with Cheesy Potato Topping & Cucumber Salad

FAMILY FAVOURITE

KID FRIENDLY















Carrot







Tomato Paste



Shredded Cheddar

Cheese

All-American Spice Blend



Cucumber



Mixed Salad Leaves





Prep in: 20-30 mins Ready in: 40-50 mins

This cosy dinner packs a smokey, veggie-loaded beef base full of flavour, then tops the pie off with decadent and delicious gooey Cheddar potato mash. Finishing the meal off under the grill ensures you're eating your tasty creation as fast as possible!

Pantry items

Olive Oil, Butter, Milk, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
butter*	40g	80g
Aussie spice blend	1 medium sachet	1 large sachet
milk*	2 tbs	⅓ cup
onion	1/2	1
carrot	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	½ tbs
beef mince	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
shredded Cheddar cheese	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3302kJ (789Cal)	503kJ (120Cal)
Protein (g)	42.7g	6.5g
Fat, total (g)	43.2g	6.6g
- saturated (g)	23.7g	3.6g
Carbohydrate (g)	55.1g	8.4g
- sugars (g)	28.4g	4.3g
Sodium (mg)	1652mg	252mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3011kJ (720Cal)	459kJ (110Cal)
Protein (g)	38.4g	5.9g
Fat, total (g)	38.7g	5.9g
- saturated (g)	20.8g	3.2g
Carbohydrate (g)	55.1g	8.4g
- sugars (g)	28.4g	4.3g
Sodium (mg)	1673mg	255mg

The quantities provided above are averages only.

Allergens
Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/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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Mash the potato

- Bring a medium saucepan of salted water to the boil.
- Peel potato and cut into bite-sized chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
- Drain and return **potato** to the pan. Add the butter, Aussie spice blend and the milk, then mash until smooth.

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

Little cooks: Get those muscles working and help mash the potatoes!



Caramelise the onion

- · Meanwhile, thinly slice onion (see ingredients). Grate carrot.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook onion, stirring, until softened, 5-6 minutes.
- Reduce heat to medium. Add the **balsamic** vinegar, brown sugar and a splash of water and mix well. Cook until dark and sticky, 3-5 minutes. Transfer to a bowl.



Cook the filling

- Wipe out frying pan, then return to medium-high heat with a drizzle of olive oil. Cook beef mince and carrot, breaking mince up with a spoon, until just browned, 4-5 minutes.
- Add All-American spice blend and tomato paste and cook, stirring, until fragrant, 1-2 minutes.
- Add the water and cook until slightly thickened, 1-2 minutes. Stir through caramelised onion and season to taste.

Custom Recipe: If you've swapped to pork mince, follow instructions as above.



Assemble the pie

- · Preheat grill to medium-high. Transfer beef filling to a baking dish, then evenly spread with the **potato mash**.
- Sprinkle over shredded Cheddar cheese. Grill until lightly golden, 5-8 minutes.

Little cooks: Join in on the fun by smoothing the mash mixture evenly over the pie!



Toss the salad

- Meanwhile, thinly slice cucumber.
- In a medium bowl, combine a drizzle of white wine vinegar and olive oil, then season with salt and pepper.
- Add mixed salad leaves and cucumber. Toss to coat.

Little cooks: Take the lead by tossing the salad!



Serve up

- Divide All-American beef and caramelised onion pie between plates.
- Serve with cucumber salad. Enjoy!



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