



# All-American Beef & Caramelised Onion Pie

with Cheesy Potato Topping & Cucumber Salad

FAMILY FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Onion



Carrot



Beef Mince



All-American Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Cucumber



Mixed Salad Leaves



Pork Mince

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!

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

### 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 or large baking dish

## Ingredients

|                            | 2 People        | 4 People                              |
|----------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>          | refer to method | refer to method                       |
| potato                     | 2               | 4                                     |
| <b>butter*</b>             | 40g             | 80g                                   |
| Aussie spice blend         | 1 medium sachet | 1 large sachet                        |
| <b>milk*</b>               | 2 tbs           | ¼ cup                                 |
| onion                      | ½               | 1                                     |
| carrot                     | 1               | 2                                     |
| <b>balsamic vinegar*</b>   | 1 tbs           | 2 tbs                                 |
| <b>brown sugar*</b>        | 1 tsp           | ½ tbs                                 |
| beef mince                 | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| All-American spice blend   | 1 medium sachet | 1 large sachet                        |
| tomato paste               | 1 packet        | 2 packets                             |
| <b>water*</b>              | ½ cup           | 1 cup                                 |
| shredded Cheddar cheese    | 1 medium packet | 1 large packet                        |
| cucumber                   | 1 (medium)      | 1 (large)                             |
| <b>white wine vinegar*</b> | drizzle         | drizzle                               |
| mixed salad leaves         | 1 medium packet | 1 large packet                        |
| pork mince**               | 1 medium packet | 2 medium packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3299kJ (788Cal) | 507kJ (121Cal) |
| Protein (g)      | 42.6g           | 6.5g           |
| Fat, total (g)   | 43.2g           | 6.6g           |
| - saturated (g)  | 23.7g           | 3.6g           |
| Carbohydrate (g) | 55.1g           | 8.5g           |
| - sugars (g)     | 28.3g           | 4.3g           |
| Sodium (mg)      | 1652mg          | 254mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3008kJ (719Cal) | 462kJ (110Cal) |
| Protein (g)      | 38.4g           | 5.9g           |
| Fat, total (g)   | 38.7g           | 5.9g           |
| - saturated (g)  | 20.8g           | 3.2g           |
| Carbohydrate (g) | 55.1g           | 8.5g           |
| - sugars (g)     | 28.3g           | 4.3g           |
| Sodium (mg)      | 1673mg          | 257mg          |

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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!

4



## 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!

2



## Caramalise the onion

- Meanwhile, thinly slice **onion**. 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.

5



## 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!

3



## 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.

6



## Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW16

