

# Hearty Plant-Based Mince & Mushroom Pie

with Baby Leaves & Potato Topping

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

31



Potato



Garlic



Button Mushrooms



Plant-Based Mince



Sliced Leek



Nan's Special Seasoning



Tomato Paste



Baby Leaves



Chilli Flakes (Optional)



Beef Mince




Pork Mince



Cheddar Cheese

Prep in: 25-35 mins  
Ready in: 40-50 mins

 Calorie Smart

 Plant Based

There's no need to wait in line at the bakery to get your hands on a comforting pie when you can whip one up at home in no time. For the filling, bake a saucy veggie mince with mushrooms and greens then spread over a mash potato top. There you have it, one tasty pie straight from your own oven!



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Large 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	3	6
<b>plant-based butter*</b>	20g	40g
<b>plant-based milk*</b>	2 tbs	¼ cup
garlic	2 cloves	4 cloves
button mushrooms	1 medium packet	2 medium packets
plant-based mince	1 packet	2 packets
sliced leek	1 medium packet	2 medium packets
Nan's special seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	½ cup	1 cup
baby leaves	1 small packet	1 medium packet
chilli flakes  (optional)	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2310kJ (552Cal)	457kJ (109Cal)
Protein (g)	27.4g	5.4g
Fat, total (g)	26.5g	5.2g
- saturated (g)	7.5g	1.5g
Carbohydrate (g)	46.8g	9.3g
- sugars (g)	15.2g	3g
Sodium (mg)	1075mg	213mg
Dietary Fibre (g)	14.5g	2.9g

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.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW19



1



## Make the mash

- Boil the kettle.
- Peel **potato** and cut into large chunks.
- Half-fill a large saucepan with boiling water.
- Cook **potato** in the boiling water, over high heat, 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 the potato and season generously with **salt**. Mash until smooth. Cover to keep warm.

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

4



## Finish the filling

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based mince** and **sliced leek**, stirring, until softened, **6-7 minutes**.
- Add **garlic**, **Nan's special seasoning** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Reduce heat to medium, then add the **brown sugar** and **water**, and simmer until slightly thickened, **2-3 minutes**.
- Remove pan from heat, then add **baby leaves** and stir until slightly wilted. Season with **pepper**.

2



## Get prepped

- Finely chop **garlic**.
- Thinly slice **button mushrooms**.

3



## Cook the mushrooms

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **mushrooms**, stirring, until tender, **4-6 minutes**. Transfer to a baking dish.

5



## Grill the pie

- Preheat the grill to high.
- Transfer **veggie mince filling** to the baking dish with the mushrooms. Top with **mashed potato**, spreading out evenly.
- Drizzle with **olive oil** and sprinkle with **chilli flakes** (if using).
- Grill **pie**, until golden, **12-14 minutes**.

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

6



## Finish & serve

- Divide hearty plant-based mince and mushroom pie between plates to serve. Enjoy!

**CUSTOM  
OPTIONS**



**BEEF MINCE:**  
Follow method above.



**PORK MINCE:**  
Follow method above.



**CHEDDAR CHEESE:**  
Sprinkle over mash before grilling.

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

