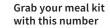


Hearty Plant-Based Mince & Mushroom Pie with Baby Leaves & Potato Topping

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Plant-Based

Button Mushrooms





Nan's Special Seasoning



Tomato Paste







Chilli Flakes (Optional)





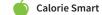












There's no need to wait in line at the bakery to get your hands on a comforting pie when you can whip one up at home in no time. For the filling, bake a saucy veggie mince with mushrooms and greens then spread over a mash potato top. There you have it, one tasty pie straight from your own oven!

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

 $\label{eq:large_sauce} \mbox{Large frying pan} \cdot \mbox{Medium or large baking dish}$

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
plant-based butter*	20g	40g
plant-based milk*	2 tbs	1/4 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
brown sugar*	1 tsp	2 tsp
water*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



Get prepped

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



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.



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.



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!



Finish & serve

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



BEEF MINCE: Follow method above.







