



# Italian Beef Ragu Pie

with Cauli-Potato Mash & Almond Salad

Grab your Meal Kit  
with this symbol



Cauliflower



Potato



Carrot



Pear



Garlic



Herbs



Flaked Almonds



Beef Mince



Garlic & Herb  
Seasoning



Tomato Paste



Beef-Style  
Stock Powder



Grated Parmesan  
Cheese



Mixed Leaves

## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

The epitome of a comforting Italian fusion feast! When tasty beef mince is coupled with rich tomato paste, herbs and our fragrant seasoning, this dinner is enough to make anyone who misses out envious.

## Pantry items

Olive Oil, Milk, Butter, Brown Sugar,  
Balsamic 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 or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
potato	1	2
milk*	1 tbs	2 tbs
butter*	40g	80g
carrot	1	2
pear	½	1
garlic	2 cloves	4 cloves
herbs	1 stick	2 sticks
flaked almonds	1 packet	2 packets
beef mince	1 small packet	1 medium packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	½ cup	1 cup
brown sugar*	pinch	pinch
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
mixed leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle

\* Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3070kJ (733Cal)	569kJ (135Cal)
Protein (g)	42.6g	7.9g
Fat, total (g)	41.8g	7.7g
- saturated (g)	22.4g	4.2g
Carbohydrate (g)	39.2g	7.3g
- sugars (g)	20.2g	3.7g
Sodium (mg)	1326mg	246mg

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

1



## Make the cauli-potato mash

Bring a medium saucepan of salted water to the boil. Cut **cauliflower** into small florets. Peel **potato** and cut into large chunks. Cook **cauliflower** and **potato** in boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add the **milk**, 1/2 the **butter** and a generous pinch of **salt**. Mash until smooth.

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

2



## Get prepped

While the veggies are cooking, grate **carrot**. Thinly slice **pear** (see ingredients). Finely chop **garlic**. Pick and finely chop **herbs** (see ingredients). Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a large bowl.

**TIP:** Run your fingers down the herbs to remove the leaves easily

3



## Make the filling

Return the frying pan to high heat with a drizzle of **olive oil**. Cook **carrot** and **beef mince**, breaking up the beef with a spoon, until just browned, **4-5 minutes**. Reduce heat to medium, then add **herbs**, **garlic & herb seasoning** and **garlic** and cook until fragrant, **1 minute**. Add **tomato paste**, **beef-style stock powder**, the **water**, a pinch of **brown sugar** and remaining **butter** and cook until slightly thickened, **2-3 minutes**.

4



## Bake the pie

Preheat grill to high. Transfer **beef filling** to a baking dish, then spread evenly with **cauli-potato mash**. Sprinkle with **grated Parmesan cheese**. Bake **pie** until the top is lightly golden, **6-8 minutes**.

5



## Toss the salad

While the pie is baking, add **mixed leaves**, **pear** and a drizzle of **balsamic vinegar** and **olive oil** to the toasted **almonds**. Season and toss to combine.

6



## Serve up

Divide Italian beef ragu pie with cauli-potato mash between plates. Serve with almond and pear salad.

## Enjoy!