

Louisiana Beef & Caramelised Onion Pie

with Cheesy Potato Topping & Apple Salad

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Brown Onion



Carrot



Garlic



Beef Mince



Louisiana Spice Blend



Tomato Paste



Beef-Style Stock Powder



Shredded Cheddar Cheese



Apple



Mixed Salad Leaves

 Hands-on: **20-30 mins**
Ready in: **40-50 mins**

This cosy dinner packs a smokey, veggie-loaded beef base full of flavour, then tops off the whole dish with decadent and delicious gooey Cheddar mashed potatoes. 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

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
potato	2	4
butter*	40g	80g
garlic & herb seasoning	1 sachet	1 sachet
milk*	2 tbs	¼ cup
brown onion	1 (medium)	1 (large)
carrot	1	2
garlic	2 cloves	4 cloves
balsamic vinegar*	1 tbs	2 tbs
water* (for the onion)	½ tbs	1 tbs
brown sugar*	1 tsp	½ tbs
beef mince	1 small packet	1 medium packet
Louisiana spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water* (for the sauce)	½ cup	1 cup
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
apple	1	2
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2922kJ (698Cal)	445kJ (106Cal)
Protein (g)	42.1g	6.4g
Fat, total (g)	31.6g	4.8g
- saturated (g)	18.8g	2.9g
Carbohydrate (g)	59.4g	9.1g
- sugars (g)	20.5g	3.1g
Sodium (mg)	2233mg	340mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into bite-sized chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return the **potato** to the pan. Add the **butter**, **garlic & herb seasoning** and **milk**, then mash until smooth.

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



Assemble the pie

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



Caramelize the onion

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



Toss the salad

While the pie is grilling, thinly slice the **apple**. In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**, then season with **salt** and **pepper**. Add the **mixed salad leaves** and **apple**. Toss to coat.



Cook the filling

SPICY! The spice blend is mild, but use less if you're sensitive to heat. Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince** and **carrot**, breaking the mince up with a spoon, until just browned, **4-5 minutes**. Add the **Louisiana spice blend**, **garlic** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**. Add the **water (for the sauce)** and **beef-style stock powder** and cook until slightly thickened, **1-2 minutes**. Stir through the **caramelised onion**.



Serve up

Divide the Louisiana beef and caramelised onion pie between plates. Serve with the apple salad.

Enjoy!