



Middle Eastern Lamb & Veggie Mash Pie

with Mixed Leaf Salad

Grab your Meal Kit with this symbol



Garlic



Potato



Parsnip



Brown Onion



Celery



Lamb Mince



Chermoula Spice Blend



Tomato Paste



Beef-Style Stock Powder



Grated Parmesan Cheese



Mixed Salad Leaves

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

Carb Smart

We like to think this pie will baffle and delight your senses in equal measure. At first, the unexpected tahini crust on this Middle Eastern dish may throw you for a loop – but when you taste it, you may find it hard to go back to bland old pastry after this mashed veggie top surprise.

Pantry items

Olive Oil, Milk, Butter, 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
garlic	4 cloves	8 cloves
potato	1	2
parsnip	2	4
milk*	1 tbs	2 tbs
butter*	60g	120g
brown onion	1 (medium)	1 (large)
celery	1 stalk	2 stalks
lamb mince	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	¾ cup	1½ cups
beef-style stock powder	1 packet (5g)	1 packet (10g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2703kJ (646Cal)	554kJ (132Cal)
Protein (g)	37.9g	7.8g
Fat, total (g)	39.4g	8.1g
- saturated (g)	21.5g	4.4g
Carbohydrate (g)	36.2g	7.4g
- sugars (g)	15.6g	3.2g
Sodium (mg)	1341mg	275mg
Dietary Fibre (g)	9.3g	1.9g

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 veggie mash

Bring a medium saucepan of salted water to the boil. Peel the **garlic**. Peel the **potato** and **parsnip**, and cut into bite-sized chunks. Cook the **parsnip**, **potato** and 1/2 the **garlic** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add the **milk** and 1/2 the **butter** and season with **salt**. Mash until smooth and cover to keep warm.

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



Make the sauce

Reduce the heat to medium-high, then add the **onion** and cook until softened, **3-4 minutes**. Add the **chermoula spice blend**, **tomato paste** and remaining **garlic**. Cook until fragrant, **1 minute**. Add the **water**, **beef-style stock powder** and remaining **butter** and cook until slightly thickened, **2-3 minutes**. Season to taste.



Get prepped

While the veggies are cooking, preheat the grill to high. Finely chop the **brown onion**, **celery** and remaining **garlic**.



Grill the pie

Transfer the **lamb filling** to a baking dish and spread evenly with the **veggie mash**. Sprinkle over the **grated Parmesan cheese**. Grill the **pie** until the top is lightly golden, **6-8 minutes**. In a medium bowl, combine the **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine and season to taste.



Cook the lamb mince

Heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **lamb mince** and **celery**, breaking up the mince with a spoon, until just browned, **4-5 minutes**.



Serve up

Divide the Middle Eastern lamb and veggie mash pie between plates. Serve with the mixed leaf salad.

Enjoy!