



Italian Beef & Cauli-Potato Topped Pie

with Mushroom, Spinach & Parmesan

FAMILY FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Cauliflower



Potato



Rosemary



Sliced Mushrooms



Beef Mince



Tomato Paste



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Baby Spinach Leaves



Parmesan Cheese



Parmesan Cheese

Prep in: 25-35 mins
Ready in: 35-45 mins

Carb Smart*
**Custom recipe is not Carb Smart*

Eat Me Early

This one is in a league of its own. We've taken your favourite parts of a ragu, switched out the standard topping for a cauli-potato mash and whipped it all up just like a shepherd's pie. All that is left, is for you to try this tasty concoction!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Milk, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food.

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

You will need

Medium saucepan with a lid · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
potato	2	4
milk*	1 tbs	2 tbs
butter*	40g	80g
rosemary	2 sticks	4 sticks
sliced mushrooms	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	2 medium sachets
chicken-style stock powder	1 medium sachet	1 large sachet
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2620kJ (626Cal)	436kJ (104Cal)
Protein (g)	42.6g	7.1g
Fat, total (g)	33.9g	5.6g
- saturated (g)	19.4g	3.2g
Carbohydrate (g)	35.9g	6g
- sugars (g)	12.6g	2.1g
Sodium (mg)	1219mg	203mg
Dietary Fibre (g)	8.1g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2828kJ (676Cal)	461kJ (110Cal)
Protein (g)	46.7g	7.6g
Fat, total (g)	37.6g	6.1g
- saturated (g)	22.1g	3.6g
Carbohydrate (g)	36.2g	5.9g
- sugars (g)	12.7g	2.1g
Sodium (mg)	1352mg	220mg
Dietary Fibre (g)	8.1g	1.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 the boiling water until easily pierced with a knife, **12-15 minutes**.
- Drain and return to the pan. Add the **milk**, half the **butter**, and a generous pinch of **salt**. Mash until smooth and cover to keep warm.

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

Little cooks: Get those muscles working and help mash the potatoes and cauliflower!



Make it saucy

- Reduce heat to medium, then add **tomato paste**, **rosemary** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **chicken-style stock powder**, the **water**, **brown sugar** and remaining **butter** and cook, stirring, until slightly thickened, **2-3 minutes**.
- Remove from heat and stir in **baby spinach leaves** until wilted.



Get prepped

- While the veggies are cooking, pick and finely chop **rosemary** leaves.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Bake the pie

- Preheat grill to high.
- Transfer the **filling** to a baking dish and spread evenly with the **cauli-potato mash**.
- Sprinkle with **Parmesan cheese**. Season with **pepper**.
- Grill **pie** until the top is lightly golden, **5-10 minutes**.

Little cooks: Join in on the fun by smoothing the mash mixture evenly over the pie!

Custom Recipe: If you've doubled your Parmesan cheese, sprinkle extra cheese over pie as above.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **sliced mushrooms**, stirring, until softened, **3-4 minutes**.
- Add **beef mince** and cook, breaking up with a wooden spoon, until just browned, **4-5 minutes**.

TIP: Drain the oil from the pan at the end of this step for best results!



Serve up

- Divide the Italian beef and cauli-potato topped pie between plates. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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