



# Mild Indian Beef & Cauli-Potato Pie

with Leafy Tomato Salad

EXPLORER

KID FRIENDLY

Grab your Meal Kit with this symbol



Cauliflower



Potato



Garlic



Beef Mince



Mild Curry Paste



Tomato Paste



Baby Spinach Leaves



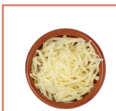
Cheddar Cheese



Tomato



Mixed Salad Leaves



Cheddar Cheese

Prep in: 20-30 mins  
Ready in: 30-40 mins

Carb Smart

We've combined tender beef mince with our mild curry paste to give the classic cottage pie an Indian-inspired twist. Topped with a cheesy, cauli-potato mash that crisps up under the grill, your weeknight dinner just got an upgrade.

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

### Pantry items

Olive Oil, Butter, Milk, White Wine Vinegar

## 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 · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
potato	1	2
garlic	2 cloves	4 cloves
beef mince	1 medium packet	2 medium packets OR 1 large packet
mild curry paste	1 medium packet	2 medium packets
tomato paste	1 medium packet	2 medium packets
<b>water*</b>	¼ cup	½ cup
baby spinach leaves	1 small packet	1 medium packet
<b>butter*</b>	20g	40g
<b>milk*</b>	1 tbs	2 tbs
Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
<b>white wine vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
Cheddar cheese**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2181kJ (521Cal)	476kJ (114Cal)
Protein (g)	39.1g	8.5g
Fat, total (g)	30.4g	6.6g
- saturated (g)	15.5g	3.4g
Carbohydrate (g)	21.9g	4.8g
- sugars (g)	12.9g	2.8g
Sodium (mg)	1394mg	304mg
Dietary Fibre (g)	6.9g	1.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2525kJ (603Cal)	528kJ (126Cal)
Protein (g)	44g	9.2g
Fat, total (g)	37.5g	7.8g
- saturated (g)	19.8g	4.1g
Carbohydrate (g)	22.1g	4.6g
- sugars (g)	13.1g	2.7g
Sodium (mg)	1538mg	322mg
Dietary Fibre	7g	1.5g

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

1



## Start the cauli-potato mash

- Bring a medium saucepan of salted water to the boil.
- Roughly chop **cauliflower** (including the stalk) into small chunks.
- Peel **potato**, then 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.

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

4



## Grill the pie

- Preheat grill to high.
- Transfer **beef filling** to a baking dish, spreading it out evenly.
- Spread **cauli-potato mash** over the top.
- Sprinkle with **Cheddar cheese**. Grill until lightly golden, **8-10 minutes**.

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

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

2



## Cook the beef

- While the veggies are cooking, finely chop **garlic**.
- Heat a large frying pan over high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **4-5 minutes**.
- **SPICY!** This is a mild curry paste, but use less if you're sensitive to heat. Add **garlic**, **mild curry paste** and **tomato paste** and cook until fragrant, **1 minute**. Add the **water** and cook until slightly reduced, **1-2 minutes**. Add **baby spinach leaves**, stirring to combine.

5



## Make the salad

- While the pie is grilling, roughly chop **tomato**.
- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **tomato** and **mixed salad leaves**. Toss to coat.

**Little cooks:** Take the lead by tossing the salad!

3



## Finish the mash

- Add the **butter**, **milk** and a good pinch of **salt** to the pan with the potato and cauliflower. Mash until smooth.

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

6



## Serve up

- Divide the mild Indian beef and cauli-potato pie between plates.
- Serve with the leafy tomato salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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