



# Mumbai Beef & Cauli-Potato Pie

with Green Salad

Grab your Meal Kit with this symbol



Cauliflower



Potato



Garlic



Beef Mince



Mumbai Spice Blend



Tandoori Paste



Tomato Paste



Baby Spinach Leaves



Brown Mustard Seeds



Shredded Cheddar Cheese



Tomato



Mixed Salad Leaves

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

**Naturally Gluten-Free**  
*Not suitable for coeliacs*

**Carb Smart**

We've combined tender beef mince with mild Mumbai spices to give the classic cottage pie an Indian-inspired twist. Topped with a cheesy, brown mustard seed-infused mash that crisps up under the grill, your weeknight dinner just got an upgrade.

### Pantry items

Olive Oil, Butter, Milk, 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 baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
potato	1	2
garlic	2 cloves	4 cloves
beef mince	1 small packet	1 medium packet
Mumbai spice blend	1 sachet	2 sachets
tandoori paste	1 packet	2 packets
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
brown mustard seeds	1 sachet	2 sachets
shredded Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2507kJ (599Cal)	485kJ (116Cal)
Protein (g)	43.3g	8.4g
Fat, total (g)	33.1g	6.4g
- saturated (g)	16.7g	3.2g
Carbohydrate (g)	29g	5.6g
- sugars (g)	12.1g	5.6g
Sodium (mg)	1656mg	320mg
Dietary Fibre	8.4g	1.6g

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.



## Cook the cauliflower & potato

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



## Grill the pie

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



## Cook the beef

**SPICY!** This is a mild paste, but use less if you're sensitive to heat. While the veggies are cooking, finely chop the **garlic**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **2-3 minutes**. Add the **garlic**, **Mumbai spice blend**, **tandoori paste** and **tomato paste** and cook until fragrant, **1 minute**. Add the **water** and cook until slightly reduced, **1-2 minutes**. Season to taste. Add the **baby spinach leaves**, stirring to combine.



## Make the salad

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



## Make the cauliflower mash

Add the **butter**, **milk**, the **salt** and **brown mustard seeds** to the saucepan with the cooked cauliflower and potato. Mash until smooth.



## Serve up

Divide the Mumbai beef and cauli-potato pie between plates. Serve with the green salad.

Enjoy!

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