



BEEF CHILLI CON CARNE PIE

with Cheddar & Coriander Sweet Potato Mash



Add a touch of Mexico to sweet potato mash



Sweet Potato



Brown Onion



Coriander



Green Capsicum



Carrot



Cheddar Cheese



Beef Mince



Garlic



Tomato Paste



Mild Mexican Spice Blend



Mixed Salad Leaves

Pantry Staples



Olive Oil



Water



Milk



Butter

Hands-on: 20 mins
Ready in: 40 mins

From the chilli con carne beef to the cheese and herby mash topping, there's nothing in this dish that isn't flavoursome. We think you'll be all about it.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **vegetable peeler, chef's knife, chopping board, garlic crusher, box grater, medium saucepan** with a lid, **colander, potato masher** or **fork, medium frying pan, wooden spoon, small baking dish** and a **large bowl**.



1 GET PREPPED

Preheat the grill to **high**. Bring a medium saucepan of salted water to the boil. Peel the **sweet potato** and chop into 2 cm chunks. Finely chop the **brown onion**. Finely chop the **green capsicum**. Dice the **carrot** (unpeeled) into 1 cm cubes. Peel and crush the **garlic**. Grate the **Cheddar cheese**. Finely chop the **coriander** leaves.



2 MAKE THE SWEET POTATO MASH

Add the **sweet potato** to the saucepan of boiling water and cook for **10-15 minutes**, or until easily pierced with a knife. Drain and return the sweet potato to the saucepan. Add the **butter** and the **milk** and mash using a potato masher or fork until smooth. Season to taste with a **pinch** of **salt** and **pepper** and set aside. Cover with a lid to keep warm.



3 COOK THE BEEF MINCE

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **beef mince** and cook, breaking up with a wooden spoon, for **3-4 minutes**, or until just browned.



4 ADD THE VEGGIES

Add the **brown onion**, the **green capsicum** and the **carrot** to the pan with the beef mince and cook for **5 minutes**, or until softened. Add the **garlic**, the **mild Mexican spice blend** and the **salt** (use **suggested amount**) and stir through for **1 minute**, or until fragrant. Add the **tomato paste**, the **hot water** (check the ingredients list for the amount) and a **pinch** of **pepper** and stir to combine. Transfer the mixture to a small baking dish.



5 FINISH THE PIE UNDER THE GRILL

Stir the **Cheddar cheese** and the **coriander** through the **sweet potato mash** and fluff up lightly with a fork. Top the **beef mince mixture** with the sweet potato mash and place under the grill for **5-10 minutes**, or until the mash is lightly crispy on top.

While the pie is grilling, place the **balsamic vinegar** and **honey** in a large bowl. Add a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper** and mix well. Place the **mixed salad leaves** into the bowl and toss to coat in the dressing.



6 SERVE UP

Divide the beef chilli con carne pie between plates and serve the salad on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
brown onion	1	2
green capsicum	1	2
carrot	1	2
garlic	2 cloves	4 cloves
Cheddar cheese	1 block (50g)	2 blocks (100g)
coriander 🌿	½ bunch	1 bunch
butter*	1 tbs	2 tbs
milk*	2 tsp	1 tbs
beef mince	1 packet	2 packets
mild Mexican spice blend	1 sachet (1 tbs)	2 sachets (4 tbs)
salt*	¼ tsp	½ tsp
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
hot water*	½ cup	1 cup
balsamic vinegar*	2 tsp	1 tbs
honey*	1 tsp	2 tsp
mixed salad leaves	1 bag	2 bags

*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2800kJ (669Cal)	373kJ (89Cal)
Protein (g)	41.5g	5.5g
Fat, total (g)	31.4g	4.2g
- saturated (g)	14.1g	1.9g
Carbohydrate (g)	49.1g	6.5g
- sugars (g)	27.2g	3.6g
Sodium (g)	904mg	120mg

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