



GREEK BEEF & YOGHURT PIE

with Dressed Baby Spinach



Make a yoghurt topped pie



Brown Onion



Carrot



Parsley



Beef Mince



Greek Spice Blend



Oregano



Tomato Paste



Baby Spinach Leaves



Greek Yoghurt



Sesame Seeds



Dijon Mustard (Optional)

Pantry Staples



Honey



Olive Oil



Eggs

Hands-on: 20 mins
Ready in: 45 mins

We know what you're thinking. Mince and yoghurt; so far, so Greek. But wait, there's more! This yoghurt crust is our intriguing HelloFresh twist on this classic combo and we think it's pretty ingenious, if we do say so ourselves.

BEFORE YOU — START

You will need: **chef's knife, chopping board, large frying pan, wooden spoon, medium pie/baking dish, fork, two medium bowls, spatula** and a **small jug or bowl**. Let's start cooking the **Greek Beef & Yoghurt Pie with Dressed Baby Spinach**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely slice the **brown onion**. Pick the **oregano** leaves (until you have **1 tbs** of leaves). Dice the **carrot**. Pick the **parsley** leaves.



2 COOK THE PIE FILLING

Heat **1/3** of the **olive oil** in a large frying pan over a medium-high heat. Add the **brown onion** and cook for **4-5 minutes**, or until softened. Increase the heat to high, add the **beef mince** and a **pinch** of **salt** and **pepper**. Cook for **4-5 minutes**, breaking it up with a wooden spoon, until browned. Add the **Greek spice blend, oregano** and diced **carrot** and cook for **3 minutes**, or until the carrot has softened. Add the **tomato paste** and **1/2** of the **baby spinach leaves**. Cook for **2 minutes**, or until the spinach has wilted. Transfer the beef mixture to a medium greased pie/baking dish (the mixture should be about 5-6 cm high in the dish).



4 SPOON OVER THE TOPPING

Top the beef mixture with the **yoghurt mixture** and spread evenly using a spatula. Sprinkle with **sesame seeds**. Transfer the pie to the oven and bake for **20 minutes**, or until the yoghurt topping is set, lightly golden and firm to touch.



5 PREP THE SALAD

While the pie is baking, place the **remaining baby spinach leaves** in a medium bowl. Combine the **Dijon mustard** (if using), the **honey** and the **remaining olive oil** in a small jug or bowl. Pour the dressing over the baby spinach leaves and toss to coat.



3 MAKE THE YOGHURT TOPPING

While the pie filling is cooking, whisk the **egg** with a fork in a medium bowl. Add the **Greek yoghurt** (use two large tubs) and stir to combine. Season with a **pinch** of **salt** and **pepper**.

A yoghurt crust is a quick and light replacement for a regular mash-topped pie!



6 SERVE UP

Divide the Greek beef and yoghurt pie and the dressed baby spinach between plates. Sprinkle over the parsley.

ENJOY!

4-5 PEOPLE — INGREDIENTS

	4-5P
brown onion ☉	1
oregano	1 bunch
carrot ☉	2
parsley ☉	1 bunch
olive oil*	1 ½ tbs
beef mince	1 packet
Greek spice blend	2 sachets (1 tbs)
tomato paste ☉	1 sachet (2 tbs)
baby spinach leaves	1 bag
egg*	3
Greek yoghurt ☉	2 large tubs (340g)
sesame seeds	2 sachets (2 tbs)
Dijon mustard (optional)	½ tub (2 tsp)
honey*	1 tsp

*Pantry Items | ☉ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2210kJ (529Cal)	453kJ (108Cal)
Protein (g)	46.4g	9.5g
Fat, total (g)	28.8g	5.9g
- saturated (g)	10.2g	2.1g
Carbohydrate (g)	18.3g	3.7g
- sugars (g)	15.5g	3.2g
Sodium (mg)	502mg	103mg

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