



Indian Mushroom & Veggie Pie

with Flaked Almonds & Garden Salad

Grab your Meal Kit with this symbol



Potato



Onion



Garlic



Mushrooms



Cucumber



Carrot



Courgette



Tomato Paste



Masala Paste



Salad Leaves



Vegetable Stock Powder



Coconut Milk



Flaked Almonds



Mixed Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **25-35 mins**
 Ready in: **40-50 mins**

Plant Based

Haven't found the umami you've been looking for? That elusive fifth 'savory' flavour is bursting out of this pie thanks to the meaty mushrooms in the veggie filling and the creamy mash topping. Enjoy!

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based 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 or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
plant-based butter*	40g	80g
plant-based milk*	2 tbs	4 tbs
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
mushrooms	1 packet	1 packet
cucumber	1 (medium)	1 (large)
carrot	1	2
courgette	1	2
tomato paste	1 packet	2 packets
masala paste	½ large packet	1 large packet
salad leaves	1 small bag	1 medium bag
vegetable stock powder	1 medium sachet	1 large sachet
coconut milk	1 box (200ml)	1 tin (400ml)
flaked almonds	1 packet	2 packets
mixed leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3040kJ (727Cal)	347kJ (83Cal)
Protein (g)	18.2g	2.1g
Fat, total (g)	43.6g	5g
- saturated (g)	28.8g	3.3g
Carbohydrate (g)	62.5g	7.1g
- sugars (g)	28.3g	3.2g
Sodium (mg)	1222mg	139mg

The quantities provided above are averages only.

Allergens

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

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



1 Make the mash

Bring a medium saucepan of salted water to the boil. Peel **potato**, then cut into large chunks. Cook **potato** in boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return **potato** to the saucepan. Add the **plant-based butter** and **plant-based milk** and season generously with **salt**. Mash until smooth. Cover to keep warm.



4 Grill the pie

Preheat the grill to high. Transfer **mushroom filling** to a baking dish, then top with mashed **potato**, smoothing it out with the back of a spoon. Sprinkle **flaked almonds** over the mash. Grill **pie** until the top is golden, **8-10 minutes**.



2 Get prepped

Meanwhile, finely chop **onion** and **garlic**. Thinly slice **mushrooms**. Thinly slice **cucumber** into half-moons. Grate the **carrot**. Slice **courgette** into half-moons.



5 Make the salad

While the pie is grilling, add **cucumber**, **mixed leaves** and a drizzle of **white wine vinegar** and **olive oil** to a medium bowl. Toss to combine. Season to taste.



3 Cook the filling

Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onions** and **mushrooms** until just browned, **5-6 minutes**. Add **carrot** and **courgette** and cook until softened, **2-3 minutes**. Add **tomato paste**, **masala paste** (see ingredients) and **garlic** and cook until fragrant, **1 minute**. Add **salad leaves**, **vegetable stock powder**, **coconut milk** and a splash of **water** and cook until thickened, **1-2 minutes**. Season to taste.



6 Serve up

Divide Indian mushroom and veggie pie between plates. Serve with garden salad.

Enjoy!