

Mumbai Beef & Cauli-Potato Pie

with Green Salad

Grab your Meal Kit with this symbol



Cauliflower



Potato



Garlic



Beef Mince



Mumbai Spice Blend



Mild Curry Paste



Tomato Paste



Celery



Shredded Cheddar Cheese



Tomato



Cos Lettuce Leaves



Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and 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: **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
mild curry paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
celery	1 stalk	2 stalks
butter*	20g	40g
milk*	1 tbs	2 tbs
shredded Cheddar cheese	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
tomato	1	2
cos lettuce leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2363kJ (564Cal)	503kJ (120Cal)
Protein (g)	41.4g	8.8g
Fat, total (g)	31.5g	6.7g
- saturated (g)	16.9g	3.6g
Carbohydrate (g)	26.3g	5.6g
- sugars (g)	14.1g	3g
Sodium (mg)	1832mg	390mg
Dietary Fibre (g)	6.1g	1.3g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Start the mash

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 large 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 baking dish, spreading it out evenly. Spread the **cauli-potato mash** over the top. Sprinkle with the **shredded Cheddar cheese**. Grill until lightly golden, **8-10 minutes**.



Cook the beef

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



Make the salad

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



Finish the mash

To the pan with the **potato** and **cauliflower**, add the **butter**, **milk** and a good pinch of **salt**. 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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