



# VEGGIE BEANIE PIE

with Garlicky Feta Green Beans



## HELLO FETA

Feta is one of the world's oldest cheeses, it is mentioned in Homer's Odyssey.



Yellow Pepper



Onion



Garlic Clove



Mixed Beans



Central American Style Spice Mix



Finely Chopped Tomatoes



Vegetable Stock Powder



Echalion Shallot



Green Beans



Feta Cheese



Puff Pastry Sheet

MEAL BAG  
12

Hands on: 20 mins  
Total: 35 mins

Family Box

4 of your  
5 a day

Veggie

Little heat

Satisfying, full of veg and super easy to prep, our veggie beanie pie is straightforward comfort food perfect for weeknights. To create the mixture, stir mixed beans with pan-fried shallot, pepper, chopped tomatoes and stock. Season with our central American style spice mix for sweet and spicy flavours that make this pie a winner and top with pastry. Top with pastry and cook until puffy and golden. Pan-fried green beans mixed with feta make for a stand-out side that compliments the pie nicely.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Sieve**, **Baking Tray**, **Frying Pan** (with a **Lid**), **Measuring Jug** and **Ovenproof Dish**. Now, let's get cooking!



### 1 ROAST THE PEPPER

Preheat your oven to 220°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **mixed beans** in a sieve. Pop the **pepper** on a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Roast on the top shelf of your oven until charred and really soft, about 15 mins.



### 4 BAKE

Mix the **roasted pepper** into the **bean mixture**, then pour into a rectangular ovenproof dish. Unroll the **pastry** and cover the filling. **★ TIP:** *It doesn't matter if the pastry sits just on top of the mixture or goes over the edge of the dish, it will depend on the size of your dish!* Make a small hole in the middle of the **pastry**. Bake on the top shelf of your oven until the **pastry** is puffed and golden, about 15-20 mins.



### 2 START THE BASE

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **onion** and fry until golden and soft, stirring occasionally, 5-6 mins. Add the **Central American style spice mix** and **half the garlic**, stir and cook for 1 minute then pour in the **finely chopped tomatoes**, **mixed beans**, a pinch of **salt** and a pinch of **sugar**. Stir in the **stock powder** and pour in the **water** (see ingredients for amount).



### 5 COOK THE BEANS

Wash out your frying pan, pop back on medium-high heat with a drizzle of **oil**. When hot, add the **green beans** and a pinch of **salt** and **pepper**. Stir-fry until starting to char, 3-4 mins. Add in the **shallot** and stir-fry until golden and soft, 4 mins. Add the remaining **garlic** and cook for 1 minute more. Add a splash of **water**, cover the pan with a lid or some foil, allow the **beans** to steam until tender, 2-3 mins. Remove from the heat and set aside..



### 3 SIMMER!

Bring the **mixture** to the boil, reduce the heat to medium-high and simmer until the **sauce** has thickened, 8-10 mins. Add a splash of **water** if the **mixture** is looking a little dry. While the **mixture** simmers, halve, peel and thinly slice the **shallot**. Trim the **green beans**. Break the **feta** up into small pieces.



### 6 FINISH AND SERVE OFF

Stir the **feta** through the **green beans** (keep some plain if some people don't like the **feta**!). Serve the pie on plates with the **garlicky green beans** alongside. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Yellow Pepper *	1	2	2
Onion *	1	1	2
Garlic Clove *	2	3	4
Mixed Beans *	1 carton	1½ cartons	2 cartons
Central American Style Spice Mix	1 pot	1½ pots	2 pots
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Water*	50ml	75ml	100ml
Echalion Shallot *	1	1½	2
Green Beans *	1 pack	1 pack	2 pack
Feta Cheese 7) *	½ block	¾ block	1 block
Puff Pastry Sheet 13) *	½	¾	1

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 679G	PER 100G
Energy (kJ/kcal)	2598 /621	383 /91
Fat (g)	27	4
Sat. Fat (g)	14	2
Carbohydrate (g)	64	9
Sugars (g)	20	3
Protein (g)	23	3
Salt (g)	2.74	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 10) Celery 13) Gluten

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### THUMBS UP OR THUMBS DOWN?

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