



Creamy Truffle Mushroom and Spinach Pie with Cheddar and Roasted Carrots

20

Classic 40-45 Minutes • 2 of your 5 a day



Filo Pastry



Chestnut Mushrooms



Echalion Shallot



Garlic Clove



Mature Cheddar Cheese



Carrot



Creme Fraiche



Vegetable Stock Paste



Baby Spinach



Truffle Zest



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, grater, baking tray, frying pan, ovenproof dish and bowl.

Ingredients

Ingredients	2P	3P	4P
Filo Pastry** 11)	½ pack	¾ pack	1 pack
Chestnut Mushrooms**	225g	375g	450g
Echalion Shallot**	1	1	2
Garlic Clove**	1	1	2
Mature Cheddar Cheese** 7)	30g	45g	60g
Carrot**	3	4	6
Crème Fraîche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	15g	20g	25g
Baby Spinach**	100g	150g	200g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Diced Chicken Breast**	280g	420g	560g

Pantry	2P	3P	4P
Water for the Sauce*	125ml	190ml	250ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	508g	100g
Energy (kJ/kcal)	2193/524	432/103
Fat (g)	29.8	5.9
Sat. Fat (g)	14.4	2.8
Carbohydrate (g)	57.0	11.2
Sugars (g)	15.4	3.0
Protein (g)	15.9	3.1
Salt (g)	3.38	0.67

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	648g	100g
Energy (kJ/kcal)	2855/682	441/105
Fat (g)	32.4	5.0
Sat. Fat (g)	15.1	2.3
Carbohydrate (g)	57.2	8.8
Sugars (g)	15.5	2.4
Protein (g)	49.8	7.7
Salt (g)	3.52	0.67

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **10)** Celery **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **filo pastry** from the fridge and bring it to room temperature (see ingredients for amount). Remove it from the packet and lay flat on the counter, covered with a damp tea towel.

Thinly slice the **mushrooms**. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Grate the **cheese**.



Make your Pie Filling

Stir in the **crème fraîche**, **veg stock paste** and **water for the sauce** (see ingredients for amount). Bring to the boil, then lower the heat and simmer until slightly thickened, 2-3 mins.

Once thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Stir through the **truffle zest** and **cheese** until fully combined, then remove from the heat. Add a splash of **water** if it's a little thick. Taste and season with **salt** and **pepper** if needed.



Roast the Carrots

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until tender, 25-30 mins. Turn halfway through.



Assemble and Bake

Transfer the **pie filling** to an appropriately sized ovenproof dish.

Halve the **filo pastry sheets** to make squares. Scrunch each square into a very loose ball and place on top of the **filling**. Repeat until the **whole pie** is covered, making sure not to overcrowd the pastry. Drizzle the whole **pie** with **oil**.

Once the **carrots** have roasted for about 15 mins, move them to the middle shelf and bake the **pie** on the top shelf until the **filo** is golden, 10-15 mins.



Fry Time

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **shallot** and cook until softened, 3-4 mins.

Add the **mushrooms** and season with **salt** and **pepper**. Fry until browned, 5-6 mins, stirring occasionally.

Stir in the **garlic** and fry until fragrant, 30 secs.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, before you cook the **shallot**, add the **diced chicken** to the pan and cook until browned, 3-4 mins. Add the **shallot** to the **chicken** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Serve

When everything is ready, serve your **filo pie** in bowls with the **roasted carrots** alongside.

Enjoy!