



FETA, LEEK AND KALE PIE

with Mushrooms and a Crispy Panko Topping



HELLO MUSHROOMS

Exposing your mushrooms to sunlight for a few hours before preparing can boost their vitamin D levels.



Potato



Leek



Closed Cup Mushrooms



Thyme



Vegetable Stock Powder



Crème Fraîche



Kale



Panko Breadcrumbs



Feta Cheese

MEAL BAG

30 mins

2.5 of your 5 a day

Veggie

Today's recipe owes something to the delicious Greek spinach-and-feta pies known as 'spanakopita' but we've given it a British twist. Instead of spinach we're using leek and kale, and a hotpot-style potato topping has replaced the filo pastry. It's an Anglo-Hellenic hybrid! We hope you enjoy it as much as we do.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Peeler, Colander, Frying Pan, Measuring Jug, Mixing Bowl** and **Ovenproof Dish**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 220°C and put a large saucepan of water with a good pinch of salt on to boil for the potato. Peel the **potato** and chop into 1cm thick slices. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Thinly slice the **mushrooms**. Pick the **thyme leaves** from their stalks (discard the stalks).



2 COOK THE POTATO

Add the **potato** to your pan of boiling water. Cook for 8-10 mins. **TIP:** *The potato is cooked when you can easily slip a knife through.* Be careful - you don't want the **potato slices** to break up too much! Once cooked, gently drain the **potato slices** in a colander.



3 FRY THE VEGGIES

Put a splash of **oil** in a frying pan on medium heat. Add the **leek**. Cook, stirring, until soft, 5 mins. Add the **mushrooms** and **thyme** along with a pinch of **salt** and **pepper**. Stir and cook for another 7 mins.



4 ADD THE CREME FRAICHE

When the **mushrooms** have softened pour in the **water** (see ingredients for amount). Add the **stock powder**, bring to the boil and stir to dissolve. Add the **crème fraîche**. Turn the heat down and simmer for 3-5 mins. Stir in the **kale** a handful at the time. Continue to simmer gently until the **liquid** has reduced by a third and the **kale** has wilted, another 5 mins. Take the pan off the heat.



5 MAKE THE TOPPING

Meanwhile in a mixing bowl, mix the **panko breadcrumbs** with the **olive oil** (see ingredients for amount). Crumble in the **feta cheese** and combine well.



6 BAKE THE PIE

Once cooked, pour the **veggie mixture** into an ovenproof dish. Lay the **potato slices** on top, then sprinkle over the **feta crumb** and a pinch of **pepper**. Pop on the top shelf of your oven and bake until the top is browned, 10 mins. Once your **pie** is ready, remove it from the oven and serve in bowls. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1	1 small pack	1 small pack
Leek *	1	2	2
Closed Cup Mushrooms *	1 small punnet	1 large punnet	2 small punnets
Thyme *	½ bunch	1 bunch	1 bunch
Water*	100ml	150ml	200ml
Vegetable Stock Powder (10)	½ sachet	1 sachet	1 sachet
Crème Fraîche 7) *	1 pouch	1½ pouches	2 pouches
Kale *	1 small bag	1 large bag	1 large bag
Panko Breadcrumbs 13)	30g	30g	50g
Olive Oil*	1 tbsp	2 tbsp	2 tbsp
Feta Cheese 7) *	1 block	1½ blocks	2 blocks

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 505G	PER 100G
Energy (kcal)	602	119
(kJ)	2519	499
Fat (g)	39	8
Sat. Fat (g)	19	4
Carbohydrate (g)	55	11
Sugars (g)	8	2
Protein (g)	19	4
Salt (g)	1.86	0.37

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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