



Creamy Truffle Mushroom and Spinach Pie with Cheddar and Roasted Carrots

Classic 40-45 Minutes • 4 of your 5 a day • Veggie

4



Filo Pastry Sheets



Closed Cup Mushrooms



Echalion Shallot



Garlic Clove



Mature Cheddar Cheese



Carrot



Creme Fraiche



Vegetable Stock Paste



Baby Spinach



Truffle Zest

Pantry Items
Oil, Salt, Pepper

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 and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Filo Pastry Sheets** 11) 13)	3½	5¼	7
Closed Cup Mushrooms**	225g	375g	450g
Echalion Shallot**	1	1	2
Garlic Clove**	1	1	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Carrot**	3	4	6
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	15g	20g	25g
Baby Spinach**	100g	150g	200g
Truffle Zest	1 sachet	1½ sachets	2 sachets

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

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	605g 2463 /589	100g 407 /97
Fat (g)	31.9	5.3
Sat. Fat (g)	18.8	3.1
Carbohydrate (g)	60.6	10.0
Sugars (g)	18.6	3.1
Protein (g)	17.1	2.8
Salt (g)	4.28	0.71

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, cereals containing 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.

Contact

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1



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**.

4



Make your Pie Filling

Stir the **creme fraiche**, **veg stock paste** and **water for the sauce** (see pantry for amount) into the **mushrooms**. Bring to the boil, then lower the heat and simmer until slightly thickened, 2-3 mins.

Once thickened, add the **spinach** 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.

2



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.

5



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** (discard any excess 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.

3



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.

6



Serve Up

When everything's ready, serve your **filo pie** on plates with the **roasted carrots** alongside.

Enjoy!