



Smoky Cheesy Bean Pie with Butternut Squash and Salad

Classic 35-40 Minutes • Mild Spice • 3 of your 5 a day • Veggie

43



Butternut Squash



Garlic Clove



Potatoes



Mexican Style Spice Mix



Tomato Passata



Mixed Beans



Vegetable Stock Paste



Smoky Base Paste



Mature Cheddar Cheese



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Honey, Butter, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, kettle, sucepan, garlic press, frying pan, grater, colander, potato masher and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash	1	1	1
Garlic Clove**	4	6	8
Potatoes	450g	700g	900g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Mixed Beans	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
Mature Cheddar Cheese** 7)	60g	90g	120g
Baby Leaf Mix**	50g	75g	100g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	878g	100g
Energy (kJ/kcal)	3054 / 730	348 / 83
Fat (g)	26.4	3.0
Sat. Fat (g)	13.0	1.5
Carbohydrate (g)	96.4	11.0
Sugars (g)	28.7	3.3
Protein (g)	27.4	3.1
Salt (g)	4.05	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **10)** Celery

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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Roast the Butternut

Preheat your oven to 240°C/220°C fan/gas mark 9.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks.

Pop the **diced butternut** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden and cooked through, 18-20 mins. Turn halfway through.



Get Mashing

While everything cooks, grate the **cheese**.

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any), then mash the **potatoes** and **garlic** until smooth.

Transfer the **butternut** and **bean sauce** to an appropriately sized ovenproof dish. Top with an even layer of **mash**, using the back of a spoon to smooth it out. Scatter over the **cheese**.



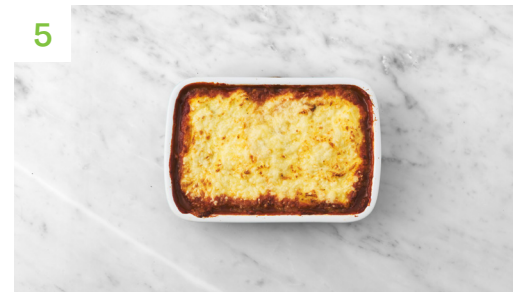
Cook the Potatoes

Meanwhile, boil a full kettle.

Peel **half** the **garlic cloves**. Chop the **potatoes** into 2cm chunks (peel first if you prefer).

Pour the **boiled water** into a large saucepan with **½ tsp salt** and bring to a boil. Add the **potatoes** and **peeled garlic cloves**.

Cook until you can easily slip a knife through, 15-20 mins.



Bake your Pie

Bake the **pie** on the top shelf of your oven until golden and bubbling, 10-12 mins.



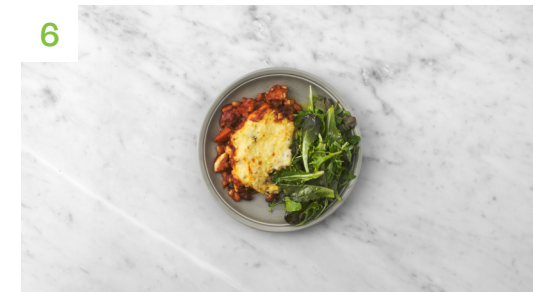
Sauce Time

Meanwhile, peel and grate the remaining **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **grated garlic** and **Mexican style spice mix**. Stir-fry for 1 min.

Pour in the **tomato passata** and **mixed beans** (including their liquid). Stir in **veg stock paste**, **water for the sauce** and **honey** (see pantry for both amounts). Bring to the boil, then simmer until the **sauce** has thickened slightly, 4-5 mins.

Once roasted, stir the **butternut squash** through the **sauce**. Stir in the **smoky base paste** and **butter** (see pantry for amount).



Serve

Once the **pie** is cooked, allow to stand for 2 mins, then share between your plates.

Serve the **salad leaves** on the side with a drizzle of **olive oil** to finish.

Enjoy!