



Springtime Potato, Carrot and Leek Pie

with Creamy Mustard Sauce and Sauteed Peas

Spring Greens 40-45 Minutes • 2 of your 5 a day • Veggie

21



Puff Pastry Sheet



Baking Potato



Leek



Carrot



Garlic Clove



Mature Cheddar Cheese



Vegetable Stock Paste



Wholegrain Mustard



Creme Fraiche



Peas

Pantry Items

Oil, Salt, Pepper, Plain Flour

Before you start

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

Cooking tools

Saucepan, colander, garlic press, grater, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Puff Pastry Sheet** 13)	¾ pack	1 pack	1½ packs
Baking Potato	1	1½	2
Leek**	1	2	2
Carrot**	1	1½	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	40g	60g	80g
Vegetable Stock Paste 10)	20g	30g	40g
Wholegrain Mustard 9)	34g	50g	68g
Crème Fraîche** 7)	75g	150g	150g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3897 /931	681 /163
Fat (g)	52.1	9.1
Sat. Fat (g)	28.0	4.9
Carbohydrate (g)	94.9	16.6
Sugars (g)	20.2	3.5
Protein (g)	23.9	4.2
Salt (g)	3.88	0.68

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

Allergens

7) Milk 9) Mustard 10) Celery 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.

Contact

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Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** with ½ **tsp salt** to the boil. Remove the **puff pastry** from your fridge.

Chop the **potato** into 2cm chunks (no need to peel).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Once cooked, carefully drain in a colander.



Sauce Things Up

Once thickened, stir the **wholegrain mustard**, **crème fraîche** and **cheese** into the **sauce**.

Remove from the heat and gently stir in the **cooked potatoes**.

Taste and add **salt** and **pepper** if needed, adding a splash of **water** too if it's thickened too much.



Prep the Rest

Meanwhile, trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.

Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.

Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.



Bake your Pie

Once the **pie filling** is cooked, transfer it to an appropriately sized pie dish. Cover with the **pastry** (see ingredients for amount), pressing it over the side of the dish or just sitting it on top, then trimming off any excess.

Make a small hole in the middle to allow steam to escape. **TIP:** Brush the **pastry** with a little **milk** if you have some.

Bake your **pie** on the top shelf of your oven until golden brown, 15-20 mins. Meanwhile, wipe out the (now empty) frying pan.



Bring on the Veg

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **leek** and **carrot** and stir-fry until softened, 6-7 mins, then stir in the **garlic** and cook for 1 min more.

Add the **flour** to the pan (see pantry for amount). Stir into the **veg** and cook for 1 min, then pour in the **water for the sauce** (see pantry for amount) and **vegetable stock paste**.

Bring to the boil, then reduce the heat to medium cook, stirring occasionally, until the **sauce** has thickened, 2-3 mins.



Finish and Serve

When the **pie** is almost ready, heat a drizzle of **oil** in the frying pan on medium-high heat. Once hot, add the **peas** and stir-fry for 2-3 mins.

Once the **pie** is out of the oven, allow it to stand for 2 mins before sharing between your bowls.

Serve with the **peas** alongside.

Enjoy!