

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









Puff Pastry Sheet

Baking Potato







Carrot

Garlic Clove

Mature Cheddar Cheese







Vegetable Stock

Wholegrain Mustard





Creme Fraiche

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	11/2	2
Leek**	1	2	2
Carrot**	1	11/2	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
Creme Fraiche** 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
Mature Cheddar Cheese** 7) Vegetable Stock Paste 10) Wholegrain Mustard 9) Creme Fraiche** 7) Peas** Pantry Plain Flour* Water for the	40g 20g 34g 75g 120g 2P 1 tbsp	60g 30g 50g 150g 180g 3P 1½ tbsp	80g 40g 68g 150g 240g 4P 2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	572g	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.

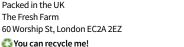
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Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of water with 1/2 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.



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.



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.



Sauce Things Up

Once thickened, stir the wholegrain mustard, creme fraiche 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.



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.



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!