



BBQ Veggie Hand Pies

with Beyond Meat® and Apple-Spinach Salad

Veggie 45 Minutes



Beyond Meat®



Gala Apple



Shallot



BBQ Sauce



Soy Sauce



Puff Pastry



Baby Spinach



Salad Topping Mix



Sesame Seeds



White Wine Vinegar

HELLO BBQ SAUCE

This sauce is the perfect blend of sweet, savoury and smoky!

Start here

- Due to the nature of puff pastry, please follow these guidelines: Store in the freezer. Thaw in the refrigerator for 8-12 hours before use.
- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, large bowl, parchment paper, spatula, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Puff Pastry	340 g	680 g
Gala Apple	1	2
Baby Spinach	56 g	113 g
Shallot	50 g	100 g
Salad Topping Mix	28 g	56 g
BBQ Sauce	4 tbsp	8 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prepare puff pastry

- Unroll **puff pastry**, discarding the wax paper, then place on a parchment-lined baking sheet.
- Cut **pastry** in half to create **2 rectangles** (use 2 parchment-lined baking sheets and create 4 rectangles for 4 ppl).
- Arrange **puff pastry rectangles** at least 2 inches apart.
- Place in fridge until ready to assemble **hand pies**.



Prep salad

- Meanwhile, core, then cut **apple** into ¼-inch slices.
- Add **vinegar**, **1 tbsp** (2 tbsp) **oil** and ½ **tsp** (1 tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **apples** to **dressing**, then toss to combine. Set aside.



Cook filling

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, peel, then finely chop **shallot**.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **shallots** and **Beyond Meat®**. Break up **patties** into bite-sized pieces with a spatula. Cook, stirring often, until slightly crispy, 5-6 min. **
- Add **BBQ sauce** and **soy sauce**. Season with **salt** and **pepper**. Cook, stirring occasionally, until fragrant, 1 min.
- Remove from heat.



Make salad

- When **hand pies** are almost done, add **spinach** to the bowl with **apples** and **dressing** (from step 4). Season with **salt** and **pepper**, then toss to combine.



Assemble and bake hand pies

- Divide **Beyond Meat® mixture** over half of **each pastry rectangle**.
- Working with **one pastry rectangle** at a time, fold the side of **pastry** without **Beyond Meat®** over **filling**.
- Using your fingers, firmly pinch the border closed. (**TIP**: You can also use a fork and press around the edges of the pastry to seal shut.)
- Using a knife, make 2-3 small slits in the **top of each pastry**.
- Sprinkle **sesame seeds** over top.
- Bake **hand pies** in the **middle** of the oven, until **puff pastry** is golden-brown and cooked through, 25-28 min. (**NOTE**: Bake in the top and middle of the oven for 4 ppl, rotating halfway through.)



Finish and serve

- When **hand pies** are done, let stand for 5 min. Carefully slice **each one** into **2 triangles**.
- Divide **hand pies** and **salad** between plates.
- Sprinkle **salad topping mix** over **salad**.

Dinner Solved!