



Beef Keema Cottage Pie

with Roasted Tenderstem® Broccoli

Family 40 Minutes • 1 of your 5 a day

8



Potatoes



Onion



Garlic Clove



Beef Mince



Tomato Puree



North Indian Style Spice Mix



Beef Stock Paste



Peas



Tenderstem Broccoli®

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Frying Pan, Measuring Jug, Colander, Ovenproof Dish.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Onion**	1	1	2
Garlic Clove**	1	1	2
Beef Mince**	240g	360g	480g
Tomato Puree	1 sachet	1 sachet	2 sachets
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Beef Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Tenderstem Broccoli***	150g	200g	300g
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	558g	100g
Energy (kJ/kcal)	2293 /548	411 /98
Fat (g)	19	3
Sat. Fat (g)	11	2
Carbohydrate (g)	56	10
Sugars (g)	11	2
Protein (g)	38	7
Salt (g)	1.17	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** with ½ tsp **salt** to the boil for the **potatoes**. Chop the **potatoes** into 2cm chunks (no need to peel). Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Make the Mash

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) and mash until smooth. Season with **salt** and **pepper**.



Fry Time

Heat a drizzle of **oil** in a frying pan on medium-high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 3-4 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.* Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the mince, then season with **salt** and **pepper**. Next, add the **onion** to the **mince** and cook until softened, 4-5 mins.



Assemble and Bake

When the keema is ready, transfer it to an appropriately sized ovenproof dish. Spoon over the **mash** and spread it out so that the **keema** is evenly covered. Pop the pie onto the top shelf of your oven and bake until golden and bubbling, 15-20 mins. Halfway through cooking, pop the **Tenderstem® broccoli** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. Roast on the middle shelf of your oven until tender and crispy, 10-12 mins.



Make the Keema

Add the **garlic**, **tomato puree** and **North Indian spice mix** to the **mince**. Fry until fragrant, 30 secs, continuously stirring. Then stir in the **beef stock paste** and **water** (see ingredients for amount) and bring to the boil. Once boiling, reduce the heat and simmer until the **sauce** has thickened, 4-5 mins, stirring occasionally. Season with **salt** and **pepper**, add the **peas** and remove from the heat. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



Serve

When everything is ready, divide the **keema cottage pie** between your plates and serve with the **roasted Tenderstem® broccoli** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.