



Beef and Mushroom Pie with Mash and Savoy Cabbage

Classic 45 Minutes • 2 of your 5 a day

2



Potatoes



Onion



Carrot



Garlic Clove



Beef Mince



Cornflour



Sliced Mushrooms



Tomato Puree



Red Wine Stock Paste



Puff Pastry Sheet



Savoy Cabbage

Before you start

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

Cooking tools, you will need:

Saucepan, Colander, Potato Masher, Garlic Press, Frying Pan, Wooden Spoon, Plate, Measuring Jug, Ovenproof Dish.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Onion**	1	1	2
Carrot**	1	2	2
Garlic Clove**	1	2	2
Beef Mince**	240g	360g	480g
Cornflour	20g	40g	50g
Sliced Mushrooms**	120g	180g	240g
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Sauce*	200ml	300ml	400ml
Red Wine Stock Paste 14	1 sachet	1½ sachets	2 sachets
Puff Pastry Sheet 13 **	¾ roll	1 roll	1½ rolls
Savoy Cabbage**	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	747g	100g
Energy (kJ/kcal)	4438 / 1061	595 / 142
Fat (g)	48	6
Sat. Fat (g)	24	3
Carbohydrate (g)	113	15
Sugars (g)	24	3
Protein (g)	40	5
Salt (g)	2.64	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) Gluten 14) Sulphites

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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 You can recycle me!



Make your Mash

Preheat the oven to 200°C. Put a large saucepan of **water** with **½ tsp salt** on to boil for the **potatoes**. Chop the **potatoes** into 2cm chunks (no need to peel). When boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins. When the **potato** is ready, 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**.



Make the Pie

Transfer the **pie filling** to an ovenproof dish and cover with the **puff pastry**, then trim the edges with a sharp knife. **Tip:** *Brush the pastry with a little milk if you have some.* Bake on the top shelf of your oven until crisp and golden brown, 12-15 mins.



Prep

Meanwhile, halve, peel and chop the **onion** into small pieces. 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). Heat a drizzle of **oil** in a large frying pan on high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. Once browned, add the **cornflour** and cook for 1-2 mins. Transfer the **beef** to a plate and set aside. **IMPORTANT:** *Wash your hands after handling raw mince.*



Cook the Cabbage

Heat a splash of **oil** in a medium frying pan over a medium-high heat. When hot, add the **cabbage** along with a splash of **water**. Season with **salt** and **pepper** and cook until tender. 5-6 mins.



Finish the Filling

Return the pan to the heat with a splash more **oil** if needed. Add the **onion** and **carrot** to the pan and cook until tender, 4-5 mins. Add the **mushrooms** and cook until browned, 3-4 mins. Add the **garlic** and **tomato puree** and cook for 1 min. Return the **mince** to the pan along with the **water** (see ingredients for amount) and **red wine stock paste**. Bring to a boil and simmer until the mixture has thickened, 1-2 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



Time to Serve

Share the **pie** between your plates and serve the **mashed potato** and **cabbage** on the side.

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.