



# CARIBBEAN COTTAGE PIE

with Sweet Potato Topping



## HELLO COOKBOOK

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Desiccated Coconut



Sweet Potato



Beef Mince



Yellow Pepper



Dried Apricots



Black Turtle Beans



Poudre de Colombo



Tomato Purée



Mango Chutney



Chicken Stock Pot



Diced Tomatoes



Red Chilli



Coriander

MEAL BAG

Hands on: 30 mins

Total: 45 mins

4 of your 5 a day

Family Box

We've given the old time classic, cottage pie, a kick of Caribbean inspiration by seasoning the beef with Poudre de Colombo and topping it with sweet potato, chilli and desiccated coconut. Big, bold flavours and packed with lots of good-for-you ingredients, if you're looking for a recipe that's a little bit different, this one ticks all the boxes. Bring the sunshine into your kitchen with this colourful dish.



# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Frying Pan, Peeler, Colander, Sieve, Measuring Jug, Potato Masher** and **Ovenproof Dish**. Now, let's get cooking!



## 1 TOAST THE COCONUT

Preheat your oven to 200°C. Put a large saucepan of **water** with a pinch of **salt** on to boil for the sweet potato. Meanwhile, heat a frying pan over high heat (no **oil!**). Add the **desiccated coconut** and toast until golden brown, 1-2 mins. Transfer to a bowl and set aside. Keep the pan!



## 2 COOK THE POTATO

Peel the **sweet potato** and chop into 2cm chunks. Add to the pan of boiling **water** and cook until you can easily slip a knife through, 15-20 mins. When ready, drain in a colander and return to the pan, off the heat.



## 3 BROWN THE MINCE

Return the frying pan to medium-high heat with a drizzle of **oil**. When hot, add the **beef mince**, breaking it up with a wooden spoon. Cook, stirring occasionally, until browned, 3-4 mins. While the **beef** browns, halve, then remove the core from the **yellow pepper** and chop into 1cm chunks. Roughly chop the **dried apricots**. Drain and rinse the **black beans** in a sieve.



## 4 SIMMER THE SAUCE

Add the **pepper, apricots** and **poudre de colombo** to the **beef** and cook, stirring, for another minute. Stir in the **tomato purée, mango chutney** and **chicken stock**. Add the **diced tomatoes, water** (see ingredients for amount) and **black beans**. Bring to the boil, then reduce the heat and simmer until thick and **tomatoey**, stirring occasionally, 8-10 mins. Season to taste with **salt** and **pepper** if needed.



## 5 FINISH UP

While the **sauce** simmers, halve the **red chilli** lengthways, deseed and finely chop. Roughly chop the **coriander** (stalks and all). Add the **chilli** and **coriander** to the bowl with the **desiccated coconut** and stir together. When the **sweet potato** is cooked, mash until smooth (add a knob of **butter** if you have some) and season well with **salt** and **pepper**.



## 6 BAKE AND SERVE

Pour the **beef mixture** into an ovenproof dish. Spread the mashed **sweet potato** across the top, then use a fork to make ridges (see photo). Bake on the top shelf of your oven for 10-12 mins. Serve the **Caribbean cottage pie** with the **chilli mix** scattered over the top for those who like a little heat! **Enjoy!**

# 4 PEOPLE INGREDIENTS

Desiccated Coconut	25g
Sweet Potato, chopped	2 large
Beef Mince	500g
Yellow Pepper, chopped	2
Dried Apricots, chopped <sup>14)</sup>	40g
Black Turtle Beans	1 tin
Poudre de Colombo <sup>9)</sup>	1 tbsp
Tomato Purée	30g
Mango Chutney	1 sachet
Chicken Stock Pot	1
Diced Tomatoes	1 tin
Water*	100ml
Red Chilli, chopped	½
Coriander, chopped	1 bunch

\*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 709G	PER 100G
Energy (kcal)	638	90
(kJ)	2668	376
Fat (g)	18	3
Sat. Fat (g)	9	1
Carbohydrate (g)	82	12
Sugars (g)	34	5
Protein (g)	37	5
Salt (g)	3.23	0.46

## ALLERGENS

<sup>9)</sup> Mustard <sup>14)</sup> Sulphites

**Chicken Stock Pot:** Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

## THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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