



Colcannon Cottage Pie with Spring Onion Mash and Cheddar

Classic 45 Minutes • 1 of your 5 a day

2



Potato



Kale



Beef Mince



Carrot



Onion



Garlic Clove



Spring Onion



Cheddar Cheese



Red Wine Jus Paste

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Kale**	100g	100g	200g
Beef Mince**	240g	360g	480g
Carrot**	1	2	2
Onion**	1	1	2
Garlic Clove	1 clove	2 cloves	2 cloves
Spring Onion**	1	2	2
Cheddar Cheese 7) **	60g	90g	120g
Water for the Sauce*	200ml	300ml	400ml
Red Wine Jus Paste 10) 14)	1 pot	1½ pots	2 pots

*Not Included =Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	578g	100g
Energy (kJ/kcal)	2686 /642	465 /111
Fat (g)	30	5
Sat. Fat (g)	14	2
Carbohydrate (g)	56	10
Sugars (g)	11	2
Protein (g)	40	7
Salt (g)	2.10	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 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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Get Started

Preheat your oven to 200°C. Put a large saucepan of **water** on to boil. Chop the **potatoes** (no need to peel) into 2cm chunks. Once the **water** is boiling, add ½ tsp of **salt** and the **potatoes**. Cook for for 7-8 mins, then add the **kale** to the pan. Cook for a further 5-8 mins until the **potatoes** and **kale** are tender. **TIP:** The potatoes are cooked through when you can easily slip a knife through.



Make the Colcannon

When cooked, drain the **potatoes** and **kale** in a colander. Return to the pan and mash with a potato masher until smooth. Stir through the **spring onion** and **half** of the **Cheddar** and season to taste with **salt** and **pepper**. **TIP:** Add some milk and butter if you have any.



Cook the Beef

Meanwhile heat a drizzle of **oil** in a large frying pan on a medium heat. When hot, add the **beef mince**, season with **salt** and **pepper** and cook until browned, 4-5 mins. Break the **mince** up with a spoon as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. While the **beef** cooks, trim the **carrot** and **quarter** lengthways (no need to peel). Chop widthways into small pieces. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onions**. Grate the **Cheddar**.



Assemble

Transfer the **beef mix** to an ovenproof dish (we used a 20x20cm dish for 2). Top evenly with the **colcannon** and sprinkle over the remaining **Cheddar**. Bake on the top shelf of your oven until the **cheese** has melted and starting to brown, 15-20 minutes.



Cook the Veg

Once the **mince** has browned, add the **onion** and **carrot** and cook until softened, 4-5 mins. Next, stir in the **garlic** and cook for a further minute. Add the **water** (see ingredients for amount) and **red wine jus paste**. Bring to the boil and reduce the heat to simmer until you have a glossy thick **sauce**, 5 mins. Season to taste with **salt** and **pepper**.



Time to Serve

Once the **pie** is bubbling hot and the **cheese** melted, carefully remove from the oven and share between your plates.

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.