



Curried Cottage Pie

with Roasted Tenderstem® Broccoli

25

Calorie Smart 30 Minutes • Mild Spice • 1 of your 5 a day • Under 600 Calories



Potatoes



Red 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!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan, measuring jug,
colander, potato masher and ovenproof dish.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red 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	2 sachets	2 sachets	4 sachets
Beef Stock Paste	15g	20g	30g
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml
Peas**	120g	180g	240g
Tenderstem® Broccoli**	150g	200g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	563g	100g
Energy (kJ/kcal)	2423/579	430/103
Fat (g)	22	4
Sat. Fat (g)	9	2
Carbohydrate (g)	61	11
Sugars (g)	13	2
Protein (g)	37	7
Salt (g)	1.69	0.30

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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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 (peel first if you prefer). Halve, peel and chop the **red 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.



Mash your Spuds

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 large 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 spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. Add the **onion** to the **mince** and cook until softened, 4-5 mins.



Assemble and Bake

When the **filling** is ready, transfer it to an appropriately sized ovenproof dish. Spread over the mash in an even layer. Bake the **pie** onto the top shelf of your oven until golden and bubbling, 15-20 mins. After 5 mins of baking time, halve any thick **broccoli** stems, then pop the **Tenderstem®** 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, 10-15 mins.



Make the Filling

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



Serve

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

Enjoy!

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9-16

