



Curried Cottage Pie with Roasted Broccoli

27

Calorie Smart 40-45 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Onion



Garlic Clove



Broccoli



Beef Mince



Tomato Puree



North Indian Style Spice Mix



Beef Stock Paste



Peas

Pantry Items
Sugar

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, colander, potato masher, ovenproof dish and baking tray.

Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Onion**	1	1	2
Garlic Clove**	1	1	2
Broccoli**	1	1.5	2
Beef Mince**	240g	360g	480g
Tomato Puree	1 sachet	1 sachet	2 sachets
North Indian Style Spice Mix	1 pot	2 pots	2 pots
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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	655g	100g
Energy (kJ/kcal)	2495/596	381/91
Fat (g)	21.4	3.1
Sat. Fat (g)	8.7	1.3
Carbohydrate (g)	61.1	9.3
Sugars (g)	15.2	2.3
Protein (g)	41.1	6.3
Salt (g)	1.70	0.26

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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The Fresh Farm
60 Worship St, London EC2A 2EZ

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

When the pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, cut the **broccoli** into florets (like small trees). Halve any large florets.



Mash the Potatoes

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, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

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, pop the **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, 10-15 mins.



Make the Filling

Add the **garlic**, **tomato puree** and **North Indian style spice mix** to the pan and stir-fry until fragrant, 30 secs.

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.

Serve with the **roasted broccoli** alongside.

Enjoy!

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