



# Curried Cottage Pie with Roasted Broccoli

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

25



Potatoes



Onion



Garlic Clove



Broccoli Florets



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

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion**	1	1	2
Garlic Clove**	1	1	2
Broccoli Florets**	200g	300g	400g
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
Peas**	120g	180g	240g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	588g	100g
Energy (kJ/kcal)	2424 /579	412 /98
Fat (g)	20.5	3.5
Sat. Fat (g)	8.7	1.5
Carbohydrate (g)	59.6	10.1
Sugars (g)	14.5	2.4
Protein (g)	40.1	6.8
Salt (g)	1.70	0.29

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 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 thinly slice 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, halve any larger **broccoli 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 large frying pan on medium-high heat (no oil).

Once the pan 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. Add a drizzle of **oil** if needed.



## 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 your Pie 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). Bring to the boil, then lower 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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