



Indian-Spiced Shepherds Pie

with Garlicky Cabbage

CLASSIC 45 Minutes • 1.5 of your 5 a day

N° 4



Baking Potato



Lamb Mince



Onion



Carrot



Garlic Clove



Red chilli



Garam Masala



Chopped Tomatoes



Ground Turmeric



Shredded Savoy Cabbage

Before you start

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

Basic cooking tools, you will need:

Large Saucepan (with a Lid), Large Frying Pan, Fine Grater (or Garlic Press) and Colander.

Ingredients

	2P	3P	4P
Baking Potato**	1 small pack	1 large pack	2 small packs
Lamb Mince**	200g	300g	400g
Onion**	1	1½	2
Carrot**	1	2	3
Garlic Clove**	2	3	4
Red Chilli**	1	1	2
Garam Masala	1 pot	1½ pots	2 pots
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Ground Turmeric	1 pot	1½ pots	2 pots
Shredded Savoy Cabbage**	1 small bag	1 large bag	2 small bags

** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	717g	100g
Energy (kJ/kcal)	2046 / 489	285 / 68
Fat (g)	16	2
Sat. Fat (g)	5	1
Carbohydrate (g)	59	8
Sugars (g)	17	2
Protein (g)	27	4
Salt (g)	0.83	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

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

Contact

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1. Cook the Potatoes

Bring a large saucepan of **water** to the boil with a pinch of **salt** for the potatoes. Chop the **potatoes** into 3cm chunks (no need to peel!) When boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



4. Mash your Spuds

Once the **potatoes** are cooked, drain them in a colander. Return the **potato** to the saucepan, add a knob of **butter** and a splash of **milk** (if you have some), mash until smooth. Season to taste with **salt** and **pepper** and stir through the **turmeric**. Cover with a lid to keep warm.



2. Start the Filling

Meanwhile, heat a splash of **oil** in a large frying pan on a high heat. When hot, add the **lamb mince**. Cook until browned, 4-5 mins, break it up with a wooden spoon as it cooks. Meanwhile, halve, peel and chop the **onion** into small pieces. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then finely chop.



5. Assemble the Pie

Preheat your grill to the highest setting. Transfer the **lamb mixture** to a baking dish, (quickly wash out your pan to use later on.) Top the **lamb** with dollops of **mashed potato**. Spread it out evenly over the **filling** using the back of a spoon. Use the back of a fork to make ridges in the **potato**. Pop under the grill until browned, 3-5 mins.



3. Make the Filling

Once browned, tip the **mince** into a small bowl and drain off any excess fat. Lower the heat to medium and add the **chopped onion** and **carrot** to the now empty pan. Cook until softened and turning brown, 6-7 mins. Add the **garam masala**, **half** the **garlic** and **half** the **red chilli**, cook for 2 mins, stirring regularly. Return the **lamb mince** to the pan with the **chopped tomatoes**, a splash of **water** and season well with **salt** and **pepper**. Simmer until thick and tomatoey, 8-10 mins. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



6. Cook the Cabbage

While the **pie** is under the grill, heat your frying pan over a medium heat with a knob of butter (if you have some) or a drizzle of **oil**. Once hot, add the remaining **garlic** and **chilli** (add as much as you like). Add the **cabbage** and stir-fry for 1 minute then add a pinch of **salt** and **pepper** and a splash of **water**, cover with a lid or tin foil and cook until just tender, 2-3 mins. Serve alongside the **shepherds pie**.

Enjoy!