













Lamb Shepherd's Pie

with Mashed Potato and Green Beans

Calorie Smart Eat Me Early • 45 Minutes • 1 of your 5 a day • Under 600 Calories

27



-  Potatoes
-  Carrot
-  Garlic Clove
-  Lamb Mince
-  Dried Oregano
-  Tomato Passata
-  Red Wine Stock Paste
-  Green Beans
-  Greek Style Salad Cheese
-  Cheddar Cheese

Before you start

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

Cooking tools, you will need:

Saucepan, Grater, Garlic Press, Frying Pan, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Carrot**	½	1	1
Garlic Clove**	1	1	2
Lamb Mince**	200g	300g	400g
Dried Oregano	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Green Beans**	150g	200g	300g
Greek Style Salad Cheese** 7	50g	100g	100g
Cheddar Cheese** 7	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	585g	100g
Energy (kJ/kcal)	2434 /582	416 /100
Fat (g)	25	4
Sat. Fat (g)	14	2
Carbohydrate (g)	58	10
Sugars (g)	14	3
Protein (g)	34	6
Salt (g)	3.27	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

7) Milk 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, Soy, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **potatoes**. Chop the **potatoes** into 2cm chunks (peel first if you prefer). Trim the **carrot** (no need to peel) and grate on the coarse side of your grater. Peel and grate the **garlic** (or use a garlic press).



Make the Mash

Meanwhile, preheat your grill to high. Trim the **green beans**. Crumble the **Greek style salad cheese**. Grate the **Cheddar**. Once the **potatoes** are cooked, drain in a colander and return to the pan off the heat. Add **three quarters** of the **crumbled Greek style salad cheese** and a splash of **milk** (if you have any). Mash together with a good grind of **pepper**.



Fry the Lamb

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, heat a frying pan on medium-high heat (no oil). When hot, add the **lamb mince** and cook until browned, 5-6 mins. **IMPORTANT:** Wash your hands after handling raw mince. Use a wooden spoon to break it up as it cooks. Drain any excess oil from the pan.



Assemble and Grill

Pour the **lamb mixture** into an ovenproof dish. Spread the **mash** on top, using the back of a spoon to ensure it covers the **lamb** evenly. Scatter over the **Cheddar** and the remaining **Greek style salad cheese**. Pop under the grill until the top is bubbling and golden, 5-6 mins. Once cooked, remove from your oven and leave for a couple of mins while you finish off.



Cook the Sauce

Stir the **garlic** and **carrot** into the **lamb mince**, then add the **dried oregano** and cook for 2-3 mins. Pour in the **passata**, **red wine stock paste** and **water for the sauce** (see ingredients for amount) and bring to the boil, stirring to combine. Reduce the heat to medium and simmer until thickened, 4-5 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Finish

While the **pie** is under the grill, quickly rinse out the **lamb** pan and return to high heat. Add the **green beans** and a splash of **water**, turn the heat down to medium and pop a lid (or some foil) on the pan. Leave to steam-fry until the **beans** are just tender, 4-6 mins. Season with **salt** and **pepper**. Serve the **shepherd's pie** with the **beans** alongside.

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.