



PAN HAGGERTY

with Courgette and Roasted Broccoli



HELLO XXX

xx



Potato



Echalion Shallot



Dried Thyme



Broccoli Florets



Mature Cheddar Cheese



Leek



Courgette



Wholegrain Mustard



Feta Cheese



Pea shoots

Pan haggerty is a traditional Northumbrian vegetarian dish containing potato, onion and cheese. We've pimped it up with the addition of broccoli, leek and courgette. This dish warms you from the inside and packs in plenty of extra veggies!

40 mins

5 of your 5 a day

Veggie

MEAL BAG

7

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Coarse Grater** and **Frying Pan**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 200°C. Chop the **potato** into 1cm chunks (no need to peel) and pop onto a round ovenproof baking dish. Halve, peel and thinly slice the **shallot** and add to the **potato**. Drizzle with **oil**, a good pinch of **salt** and the **dried thyme**. Toss and then roast on the top shelf of your oven until cooked through and crispy, 20-25 mins. Turn halfway through to make sure they cook and brown evenly.



2 CHAR THE BROCCOLI

Pop the **broccoli florets** onto another lined baking tray. Drizzle over some **oil** and a pinch of **salt** and **pepper**. Pop on the middle shelf of your oven and roast until charred and crispy at the edges, 12-15 mins.



3 FRY THE COURGETTE

Meanwhile, grate the **cheddar cheese**. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Trim the **courgette** then halve lengthways. Thinly slice widthways. Place a frying pan on high heat (no oil). When the pan is hot, add the **courgette** and cook for 5-7 mins. Turn every now and then. **TIP:** You want the courgette to brown but not burn.



4 COOK THE LEEK

Add a splash of **oil** to the pan and add the **leek**. Cook until soft, 3-5 mins. Remove from the heat and stir in **half** the **wholegrain mustard**. It's now time to assemble the **pan haggerty**!



5 GRILL TIME!

When the **potato** and **broccoli** are cooked remove from the oven and turn your grill to high. Top the **potato** with the **leek** and **courgette mixture**. Next, add the **broccoli** and then crumble over the **feta cheese**. Finally, sprinkle over the **cheddar cheese** and pop it under your grill until the **cheese** is golden and bubbling, 3 mins.



6 FINISH AND SERVE

Whilst the **pan haggerty** is under your grill, in a large bowl mix the remaining **mustard** with the **olive oil** (see ingredients for amount), add the **pea shoots** and toss to coat in the **dressing**. Spoon the **pan haggerty** onto plates and serve the **mustard dressed pea shoots** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Echalion Shallot *	1	2	2
Dried Thyme *	½ pot	¾ pot	1 pot
Broccoli Florets *	1 small pack	1 medium pack	1 large pack
Mature Cheddar Cheese 7) *	2 blocks	3 blocks	4 blocks
Leek *	1	2	2
Courgette *	1	2	2
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Feta Cheese 7) *	1 block	1½ blocks	2 blocks
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Pea Shoots *	1 bag	1½ bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 662G	PER 100G
Energy (kcal)	596	90
(kJ)	2494	377
Fat (g)	28	4
Sat. Fat (g)	15	2
Carbohydrate (g)	56	9
Sugars (g)	13	2
Protein (g)	30	4
Salt (g)	2.07	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 9) Mustard

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

👍 THUMBS UP OR THUMBS DOWN?

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HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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