



# Pork Shepherd's Pie

with Mangetout

**FAMILY** Hands on Time: 35 Minutes • Total Time: 45 Minutes



Potato



Pork Mince



Finely Chopped Tomatoes with Garlic & Onion



Red Wine Jus Paste



Italian Herbs



Italian Style Grated Hard Cheese



Mangetout

## Before you start

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

### Basic cooking tools you will need:

Two Large Saucepans, Frying Pan, Measuring Jug, Colander, Potato Masher and Ovenproof Dish.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Pork Mince**	240g	360g	480g
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Water*	50ml	75ml	100ml
Red Wine Jus Paste (10) (14)	1 pot	1½ pots	2 pots
Italian Herbs	1 pot	1 pot	1 pot
Italian Style Grated Hard Cheese (7) (8)**	1 pack	1½ packs	2 packs
Mangetout	1 pack	1½ packs	2 packs

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	651g	100g
Energy (kJ/kcal)	2395/573	368/88
Fat (g)	18	3
Sat. Fat (g)	8	1
Carbohydrate (g)	61	9
Sugars (g)	15	2
Protein (g)	42	6
Salt (g)	3.71	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 10) Celery 14) Sulphites

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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Packed in the UK



## 1. Cook the Potato

Preheat your oven to 220°C and put a large saucepan of water with ¼ tsp of salt on to boil. Peel and chop the **potato** into 2cm chunks. Add them to the boiling **water** and simmer until cooked, 15-20 mins. **TIP:** The potato is cooked when you can easily slip a knife through.



## 4. Assemble the Pie

Once the **potato** is cooked, drain in a colander and return to your pan off the heat. Add a knob of **butter** and splash of **milk** (if you have some), and season with **salt** and **black pepper**. Mash with a potato masher until smooth. Once the **pork mixture** is thickened, pour it into an ovenproof dish and top with dollops of **mashed potato**. Spread out with the back of a spoon until it covers the top, sprinkle over the **grated Italian style cheese**.



## 2. Fry the Pork

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **pork mince** and season with **salt** and **pepper**. Fry until browned, 5-6 mins, using a spoon to break it up as it cooks. Once browned, pour in the **finely chopped tomatoes**, **water** (see ingredient list for amount) and **red wine jus paste**. Stir well.



## 5. Cook the Veggies

Bake in your oven until golden, 15-20 mins. While the pie cooks, bring another large saucepan of **water** with ¼ tsp of **salt** to boil, and 4 mins before the **pie** is ready, add the **mangetout** to your pan of boiling **water**. Simmer until tender, 2-3 mins, then drain the **mangetout** in a colander.



## 3. Simmer the Mixture

Stir in the **Italian herbs**. Bring to the boil, then reduce the heat to medium and simmer until the **mixture** has reduced by half and is thick and tomatoey, 12-15 mins. Stir occasionally, reducing the heat if necessary. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



## 6. Serve!

Spoon the **pie** onto bowls with the **mangetout** alongside.

Enjoy!