



# Pork Shepherd's Pie

with Green Beans

Classic Eat Me Early 45 Minutes • 1 of your 5 a day

N° 3



Potato



Pork Mince



Finely Chopped  
Tomatoes



Red Wine  
Jus Paste



Italian Herbs



Grated Hard Italian  
Style Cheese



Green Beans

## Before you start

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

## Cooking tools, you will need:

Cutting Board, Knife, Saucepan, Frying Pan, Colander, Potato Masher, Ovenproof Dish and Bowl.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Pork Mince**	240g	360g	480g
Water*	50ml	75ml	100ml
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Jus Paste <b>10) 14)</b>	22g	30g	44g
Italian Herbs	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese <b>7) 8)**</b>	40g	65g	80g
Green Beans**	150g	200g	300g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	2397 / 573	371 / 89
Fat (g)	23	4
Sat. Fat (g)	10	2
Carbohydrate (g)	55	9
Sugars (g)	9	1
Protein (g)	37	6
Salt (g)	2.16	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 10) Celery 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, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

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HelloFresh UK

Packed in the UK

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You can recycle me!



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.

2



## Start 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. **IMPORTANT:** Wash your hands after handling raw mince.

3



## Simmer the Mixture

Stir in the **Italian herbs** (see ingredients for amount). 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 no longer pink in the middle.

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** has 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 hard Italian style cheese**. Bake in your oven until golden, 15-20 mins.

5



## Cook the Green Beans

While the **pie** cooks, bring another large saucepan of **water** with ½ tsp of **salt** to boil. Trim the **green beans**. 5 mins before the **pie** is ready, add the **green beans** to your pan of boiling **water**. Simmer until tender, 4-5 mins, then drain the **green beans** in a colander.

6



## Serve

Spoon the **pie** into bowls with the **green 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.