



SHEPHERD'S PIE

with Feta Mashed Potato



HELLO COOKBOOK

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Potato



Carrot



Lamb Mince



Dried Oregano



Finely Chopped Tomatoes with Garlic & Onion



Red Wine Stock Pot



Green Beans



Flat Leaf Parsley



Feta Cheese

MEAL BAG

Hands on: 30 mins
Total: 45 mins

2.5 of your
5 a day

Family box

The epitome of simple, homely comfort, shepherd's pie is a go-to for rainy days. But we also love it during sunnier times too. We've given this recipe a hit of Greek sunshine by seasoning the lamb mince with a classic Mediterranean herb, oregano, and topping it with a creamy feta mash. Super simple to put together, and bursting with fresh, summery flavours, this is a great recipe to knock together mid-week. Kali Orexi!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Coarse Grater, Colander, Frying Pan** (with a **Lid**), **Measuring Jug** and **Ovenproof Dish**. Now, let's get cooking!



1 DO SOME PREP

Preheat your oven to 200°C. Put a large saucepan of **water** with a pinch of **salt** on to boil for the potato. Meanwhile, chop the **potato** into 2cm chunks (peel first if you prefer a smooth mash). Remove the top and bottom from the **carrot** (no need to peel!) and grate on a coarse grater.



2 FRY THE LAMB

Add the **potato** to the boiling **water** and cook until you can easily slip a knife through, 10-15 mins. Drain in a colander then return to the pan, off the heat. Meanwhile, heat a drizzle of **oil** in a frying pan on high heat. When hot, add the **lamb mince**, breaking it up with a wooden spoon, and fry, stirring, until brown, 4-5 mins.



3 COOK THE SAUCE

Stir the **carrot** into the **lamb**, then add the **dried oregano**. Pour in the **finely chopped tomatoes, stock pot** and **water** (see ingredients for amount) and bring to the boil, stirring to dissolve the **stock pot**. Reduce the heat to medium and simmer until thick and tomatoey, 8-10 mins.



4 MORE VEGGIES

Meanwhile, trim the tops from the **green beans**. Roughly chop the **flat leaf parsley** (stalks and all). Crumble the **feta**.



5 BAKE THE PIE

When the **potato** is cooked, add **three-quarters** of the **crumbled feta** and mash together with a knob of **butter** (if you have any) and a good grind of **pepper**. Pour the **lamb mixture** into an ovenproof dish. Spread the **feta mash** out on top, using the back of a spoon to ensure it covers the **lamb** evenly. Scatter over the remaining **feta**. Bake until golden, 12-15 mins.



6 FINISH AND SERVE

While the **pie** bakes, quickly rinse out the frying pan and return to medium heat. Add the **green beans** and a splash of **water**, then pop a lid (or some foil) on the pan and leave to steam-fry until the **beans** are just tender, 6-8 mins. Season with **salt** and **pepper**. Serve the **feta shepherd's pie** with the **beans** alongside and finish with a scattering of **parsley**. **Kali Orex!**

4 PEOPLE INGREDIENTS

Potato, chopped	2 packs
Carrot, grated	2
Lamb Mince	450g
Dried Oregano	1 tbsp
Finely chopped tomatoes with Garlic & Onion	1 carton
Red Wine Stock Pot ¹⁴⁾	1
Water*	100ml
Green Beans, trimmed	1 pack
Flat Leaf Parsley, chopped	1 small bunch
Feta Cheese, crumbled ⁷⁾	1 block

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PERSERVING 549G	PER 100G
Energy (kcal)	616	112
(kJ)	2576	469
Fat (g)	28	5
Sat. Fat (g)	14	3
Carbohydrate (g)	58	11
Sugars (g)	14	2
Protein (g)	34	6
Salt (g)	2.51	0.46

ALLERGENS

⁷⁾ Milk ¹⁴⁾ Sulphites

Red Wine Stock Pot: Water, Sugar, Salt, Reduced Wine (**Sulphites**) (11%), Glucose Syrup, Dried Onion, Natural Flavouring, Stabiliser (Tara Gum).

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

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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