









# Shepherd's Pie

with Spring Onion Mash and Green Beans

**CLASSIC** 40 Minutes • 1 of your 5 a day



-  Potato
-  Carrot
-  Lamb Mince
-  Dried Oregano
-  Finely Chopped Tomatoes with Garlic & Onion
-  Red Wine Stock Pot
-  Green Beans
-  Spring Onion

## Before you start

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

### Basic cooking tools you will need:

Large Saucepan, Coarse Grater, Colander, Large Frying Pan (with a Lid), Measuring Jug, Potato Masher and Ovenproof Dish.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Carrot**	1	2	2
Lamb Mince**	200g	300g	400g
Dried Oregano	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1 carton	1 carton
Red Wine Stock Pot (14)	1 pot	1 pot	2 pots
Water for the Sauce*	50ml	75ml	100ml
Green Beans**	1 small pack	1 large pack	2 small packs
Spring Onion**	1	2	2

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	675g	100g
Energy (kJ/kcal)	2107 /504	312 /75
Fat (g)	15	2
Sat. Fat (g)	7	1
Carbohydrate (g)	65	10
Sugars (g)	20	3
Protein (g)	29	4
Salt (g)	3.86	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

#### Thumbs up or thumbs down?

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## 1. Prep

Preheat your oven to 200°C. Bring a large saucepan of **water** up to the boil with ½ tsp of **salt** for the **potatoes**. Meanwhile, chop the **potatoes** into 2cm chunks (peel them first if you prefer a smoother mash). Trim the **carrot** (no need to peel) and grate on the coarse side of your grater.



## 4. Finish the Prep

Meanwhile, trim the **green beans**. Trim and thinly slice the **spring onion**.



## 2. Fry the Lamb

Add the **potatoes** to the boiling **water** and cook until you can easily slip a knife through them, 15-20 mins. Drain in a colander then return to the pan, off the heat. Meanwhile, heat a large frying pan on high heat (no oil). When hot, add the **lamb** and cook until browned, 4-5 mins. Break it up with a wooden spoon as it cooks. Drain off any excess fat. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



## 5. Bake

Once drained and back in the pan, add a knob of **butter** and a splash of **milk** (if you have any) to the **potatoes**. Season with **salt** and **pepper**. Mash the **potato** then fold through the **spring onion**. Pour the **lamb mixture** into an ovenproof dish. Spread the **spring onion mash** out on top, using the back of a spoon to ensure it covers the **lamb** evenly. Bake until piping hot and golden on top, 12-15 mins.



## 3. Cook the Sauce

Stir the **carrot** into the **lamb mince**, then add the **dried oregano**. Pour in the **finely chopped tomatoes**, **red wine 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.



## 6. Finish Up and Serve

While the **pie bakes**, rinse out the lamb 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 **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.