

Shepherd's Pie

with Spring Onion Mash and Green Beans

CLASSIC 40 Minutes • 1 of your 5 a day









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 vou 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 ** S	tore in the Frid	dae	

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

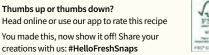
Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

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

Contact

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Packed in the UK



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.



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.



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.



4. Finish the Prep

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



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.



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. **Eniov!**

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.