Shepherd's Pie

with Spring Onion Mash and Green Beans

CUSTOMER FAVOURITES   45 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:

Saucepan, Coarse Grater, Frying Pan, 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 sachet	1 large sachet	2 small sachets
Finely Chopped Tomatoes with Garlic & Onion	½ 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
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included   ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	579g	100g
Energy (kJ/kcal)	1977 /473	342 /82
Fat (g)	14	3
Sat. Fat (g)	7	1
Carbohydrate (g)	60	10
Sugars (g)	17	3
Protein (g)	27	5
Salt (g)	2.87	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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.

1. Start the 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, then 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** and the **sugar** (see ingredients for amount). 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, 12-15 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

While the pie bakes, rinse out the lamb pan and return to medium heat. Add the **green beans** and a splash of **water**. 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.