



Spiced Chickpea Cottage Pie

with Potato Topping, Roasted Broccoli and Flaked Almonds

Classic 40-45 Minutes • Medium Spice • 3 of your 5 a day • Veggie

17



Potato



Sweet Potato



Carrot



Chickpeas



Spring Onion



Tomato Puree



Harissa Spice Mix



Chermoula Spice



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Cheddar Cheese



Broccoli



Flaked Almonds

Before you start

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

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Peeler, Colander, Sieve, Bowl, Frying Pan, Potato Masher, Grater, Ovenproof Dish and Baking Tray.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Sweet Potato**	1	1	2
Carrot**	1	2	2
Chickpeas	1 carton	1½ cartons	2 cartons
Spring Onion**	2	3	4
Tomato Puree	1 sachet	2 sachets	2 sachets
Harissa Spice Mix	1 sachet	1½ sachets	2 sachets
Chermoula Spice	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	2 cartons	2 cartons
Cheddar Cheese 7)**	60g	90g	120g
Broccoli**	1	1	2
Flaked Almonds 2)	15g	25g	25g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	981g	100g
Energy (kJ/kcal)	3480 /832	355 /85
Fat (g)	29	3
Sat. Fat (g)	9	1
Carbohydrate (g)	108	11
Sugars (g)	30	3
Protein (g)	32	3
Salt (g)	4.56	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 10) Celery

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

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Prep the Potatoes

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Peel and chop the **white** and **sweet potatoes** into 2cm chunks. When the **water** comes to a boil, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins. When cooked, drain well in a colander and set aside.



Get Prepped

Meanwhile, trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Drain and rinse the **chickpeas** in a sieve, then pop a **quarter** of the **chickpeas** into a bowl and mash with the back of a fork. Trim and thinly slice the **spring onions**.



Start the Filling

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **carrot** and cook, stirring occasionally, until it softens, 7-8 mins. Add the **tomato puree**, **harissa spice mix**, **chermoula spice** and **chickpeas** (both whole and crushed). Mix together and cook for 1 min. Add the **vegetable stock paste** and **chopped tomatoes**. Season with **salt** and **pepper**, stir well and cook until thickened, 3-4 mins.



Mash Mash Baby

Once the **potatoes** are cooked, return them to the pan and mash with a potato masher until smooth. Add the chopped **spring onion**. Season to taste with **salt** and **pepper** (add a knob of **butter** and a splash of **milk** if you have some). Transfer the **chickpea filling** to an ovenproof dish and top with the **mash**. Spread with the back of a spoon to completely cover the filling. Grate over the **cheese**. Bake on the top shelf of your oven until the **pie** is golden, 15-20 mins.



Broccoli Time

Meanwhile, chop the **broccoli** into florets (like small trees). Spread the **broccoli** evenly on a baking tray and drizzle over some **oil**. Season with **salt** and **pepper** and sprinkle over the **flaked almonds**. Roast on the middle shelf of your oven until the **broccoli** is tender and crispy and the **almonds** are golden, 12-15 mins.



Time to Serve

Carefully remove the **pie** from the oven and share between your plates. Serve with the **broccoli** and **flaked almonds** 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.