



SWEET POTATO COTTAGE PIE

with Roasted Broccoli



HELLO BROCCOLI

This vegetable is actually a flower head - each of those tiny little green dots is a bud!



Button Mushrooms



Broccoli



Sweet Potato



White Potato



Beef Mince



Tomato Purée



Diced Tomatoes with Garlic and Onion



Worcestershire Sauce



Beef Stock Pot



Water



Netherend Butter



Cheddar Cheese

50 mins

5 of your 5 a day

Family Box

Mimi thinks her mum makes the absolute best cottage pie in the whole world. So, it was with trepidation that she presented this recipe for motherly approval. The twist is using sweet potato in the mash which adds more fibre and vitamins, as well as flavour. Mrs Morley gave her seal of approval so we're sharing the recipe with you today. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Peeler, Frying Pan, Measuring Jug, Colander, Potato Masher, Coarse Grater, Ovenproof Dish, Baking Tray** and some **Baking Paper**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 220°C and put a large saucepan of water with a pinch of **salt** on to boil for the **potato**. Finely chop the **mushrooms**. **★ TIP:** *The smaller the veggies, the less likely your kids are to notice they're there!* Separate the **broccoli** into florets. Peel and chop the **sweet potato** into 2cm cubes. Chop the **white potato** into roughly 2cm cubes as well (no need to peel!).



2 MAKE THE FILLING

Heat a glug of **oil** in a large frying pan on medium-high heat. Add the **beef mince** and cook, breaking up with a spatula until brown, 5 mins. Add the **mushrooms** and season with **salt** and **black pepper**. Cook for 5 mins more. Add the **tomato purée** along with the **diced tomatoes, Worcestershire sauce, beef stock pot** and **water** (amount specified in the ingredient list). Simmer the **beef mixture** until thick, stirring occasionally, 15-20 mins.



3 MASH THE POTATOES

Meanwhile, add both types of **potato** to the boiling water and cook for 15-20 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* Once cooked, drain in a colander and return to your pan. Add the **butter** and a splash of **milk** (if you have some), along with a pinch of **salt** and a good grind of **black pepper**. Mash with a potato masher until smooth.



4 ASSEMBLE THE PIE

While everything cooks, grate the **cheddar cheese**. Once the **beef mixture** has thickened, transfer it to an ovenproof dish. Dollop the mash on top and spread it out in an even layer. Sprinkle over the **cheese**, then pop your dish on the top shelf of your oven and bake until golden, 12-15 mins.



5 ROAST THE BROCCOLI

Put the **broccoli** on a lined baking tray and drizzle over some **oil**. Season with **salt** and **black pepper**. Once the cottage pie has been in your oven for 5 mins, put the **broccoli** on the middle shelf of your oven and roast until the edges are crispy and slightly charred, 10-15 mins.



6 SERVE AND ENJOY

There's time to get the washing up done whilst everything is in the oven - or just put your feet up for a minute! Once the **cottage pie** is bubbling and golden brown on top, remove from your oven and serve on plates with the **roasted broccoli** on the side. **Enjoy!**

4 PEOPLE INGREDIENTS

Button Mushrooms, chopped	1 punnet
Broccoli, florets	2
Sweet Potato, chopped	1
White Potato, chopped	1 pack
Beef Mince	500g
Tomato Purée	30g
Diced Tomatoes with Garlic and Onion	1 carton
Worcestershire Sauce	1 tbsp
Beef Stock Pot	1
Water*	100ml
Netherend Butter 7)	30g
Cheddar Cheese, grated 7)	90g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	727	92
(kJ)	3060	388
Fat (g)	29	4
Sat. Fat (g)	15	2
Carbohydrate (g)	74	9
Sugars (g)	22	3
Protein (g)	46	6
Salt (g)	3.39	0.43

ALLERGENS

7)Milk

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

👍 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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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