



More Than Food
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Sweet Potato Cottage Pie with Roasted Broccoli

Mimi's mum is said to make the absolute best cottage pie in the world. So, Mimi whipped up this recipe for her mum, because she knew if her mum liked it - it'd be a winner. Thankfully Mrs Morley gave her seal of approval (with a lot of mmmmmms to go with it)!

45 mins

4 of your 5 a day

family box

healthy



Onion (1)



Garlic Clove (1)



Closed Cup Mushrooms (1 punnet)



Broccoli (2)



Sweet Potato (1)



Potato (1 pack)



Beef Mince (500g)



Netherend Butter (1½ tbsp)



Tomato Purée (2 tbsp)



Chopped Tomatoes (1 tin)



Worcestershire Sauce (1 tbsp)



Beef Stock Pot (1)



Cheddar Cheese (40g)


4 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Garlic Clove, chopped **1**
- Closed Cup Mushrooms, chopped **1 punnet**
- Broccoli, florets **2**
- Sweet Potato, chopped **1**
- Potato, chopped **1 pack**
- Beef Mince **500g**
- Netherend Butter **1½ tbsp**
- Tomato Purée **2 tbsp**
- Chopped Tomatoes **1 tin**
- Worcestershire Sauce **1 tbsp**
- Beef Stock Pot **1**
- Cheddar Cheese **40g**

Allergens: Milk.

Nutrition as per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbohydrate | Sugars | Protein | Salt |
|-------------|--------------------|------|----------|--------------|--------|---------|------|
| Per serving | 576 kcal / 2432 kJ | 19 g | 10 g | 56 g | 24 g | 44 g | 3 g |
| Per 100g | 83 kcal / 351 kJ | 3 g | 1 g | 8 g | 3 g | 6 g | 0 g |

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Roasted broccoli maintains far more of its nutrients than boiled broccoli. In addition, the fat from the oil helps your body absorb more vitamin A from the broccoli.

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

1



1 Peel and chop the **onion** into roughly 1cm pieces. Peel and finely chop the **garlic**. Chop the **mushrooms** into roughly 1cm pieces. Separate the **broccoli** into florets and peel and chop the **potatoes** into roughly 2cm cubes.

2



2 Bring a large pot of water to the boil with a good pinch of **salt** and pre-heat your oven to 220 degrees. Put a large saucepan on medium heat with a glug of **oil** and add your **onion**. Cook for 4 mins until softened and then add your **garlic** and **mushrooms**. Cook for 3 mins then add the **beef mince** along with a pinch of **salt** and a good grind of **pepper**. Cook your **beef** in the pan for about 4-5 mins or until browned. Break it up with a spoon as it cooks.

3



3 Meanwhile, add your **potatoes** to the boiling water and cook for 15-20 mins. **Tip:** *The potatoes are cooked when you can easily slip a knife through.* Once they are cooked, drain them, put them back in the pot and add the **butter** and a splash of **milk** (if you have some), along with a pinch of **salt** and a good grind of **pepper**. Mash until smooth.

4



4 When your **beef** is browned, add the **tomato purée**, **chopped tomatoes**, **Worcestershire sauce** and the **beef stock pot** to the pan. Bring to the boil, then reduce to a simmer and cook for 15 mins to thicken up.

5



5 When your **beef** has been cooking for 15 mins, transfer it to an ovenproof dish, spread your **mash** on top, then grate over the **cheese**. Pop your dish in the oven on the top shelf for 15-20 mins.

6



6 You can now put your **broccoli** onto a baking tray, sprinkle over a pinch of **salt** and a good grind of **pepper** along with a drizzle of **oil**. When your **cottage pie** has been in your oven for 5 mins, put your **broccoli** in as well for 10-15 mins.

7



7 While everything is in the oven, give your kitchen a quick tidy and put your feet up!

8



8 When your **cottage pie** is bubbling and golden-brown, get it out of your oven and serve on plates with your **broccoli** on the side.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!