



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!



Onion



Garlic Clove



Closed Cup Mushrooms



Broccoli Florets



Sweet Potato



Potato



Beef Mince



Tomato Purée



Diced Tomatoes



Worcester Sauce



Beef Stock Pot



Cheddar Cheese

MEAL BAG

45 mins

5 of your 5 a day

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.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater** (or **Garlic Press**), **Peeler, Frying Pan, Colander, Potato Masher, Ovenproof Dish, Coarse Grater**, some **Baking Paper** and a **Baking Tray**. 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 potatoes. Halve, peel and chop the **onion** into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Chop the **mushrooms** into roughly 1cm pieces. Peel and chop both types of **potato** into roughly 2cm cubes.



2 BROWN THE BEEF

Heat a glug of **oil** in a frying pan on medium heat. Add the **onion** and cook until soft, 4 mins. Add the **garlic** and **mushrooms**. Cook for 3 mins more. Then add the **beef mince**. Season with a pinch of **salt** and a good grind of **black pepper**. Break it up with a wooden spoon and cook until browned, 4-5 mins.



3 MAKE THE MASH

Meanwhile, add both types of **potato** to your pan of 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 the pan. Add a large knob of **butter** and a splash of **milk** too (if you have some), along with a pinch of **salt** and some **black pepper**. Mash until smooth.



4 ASSEMBLE THE PIE

When the **beef** has browned, add the **tomato purée, diced tomatoes, Worcester sauce** and **beef stock pot**. Bring to the boil, then reduce the heat and simmer until thickened, about 15-20 mins. Transfer to an ovenproof dish, spread the **mash** on top and grate over the **cheddar cheese**. Pop on the top shelf of your oven and bake until golden, 15-20 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 put your feet up whilst the pie is in the oven. Once it's bubbling and golden brown on top, serve the **sweet potato cottage pie** on plates with a portion of **roasted broccoli** on the side. **Tuck in!**

2 PEOPLE INGREDIENTS

Onion, chopped	1
Garlic Clove, grated	1
Closed Cup Mushrooms, chopped	1 small punnet
Broccoli Florets	200g
Sweet Potato, chopped	1
Potato, chopped	1 pack
Beef Mince	250g
Tomato Purée	30g
Diced Tomatoes	1 tin
Worcester Sauce	½ tbsps
Beef Stock Pot	½
Cheddar Cheese, grated 7)	30g

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 667G	PER 100G
Energy (kcal)	696	73
(kJ)	2921	305
Fat (g)	20	2
Sat. Fat (g)	9	1
Carbohydrate (g)	87	9
Sugars (g)	24	3
Protein (g)	45	5
Salt (g)	4.25	0.44

ALLERGENS

7) Milk

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

Worcester Sauce: Water, Spirit Vinegar, Sugar, Tamarind Paste, Onion, Lemon Juice, Ginger, Garlic, Chilli, Cloves.

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

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 or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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