



Sweet Potato Cottage Pie

with Roasted Broccoli

N° 10

FAMILY Hands On Time: 25 Minutes • Total Time: 45 Minutes • 2.5 of your 5 a day



Closed Cup Mushrooms



Sweet Potato



Potato



Beef Mince



Lamb Mince



Worcester Sauce



Tomato Purée



Finely Chopped Tomatoes with Onion and Garlic



Beef Stock Powder



Cheddar Cheese



Broccoli Florets



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Saucepan, Frying Pan, Measuring Jug, Ovenproof Dish, Coarse Grater and Baking Tray.

Ingredients

	2P	3P	4P
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Sweet Potato**	1	1	1
Potato**	1 small pack	1 large pack	1 large pack
Beef Mince**	240g	360g	480g
Lamb Mince**	300g	450g	600g
Worcester Sauce (13)	½ sachet	¾ sachet	1 sachet
Tomato Purée	½ sachet	¾ sachet	1 sachet
Finely Chopped Tomatoes with Onion and Garlic	½ carton	¾ carton	1 carton
Water*	50ml	75ml	100ml
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Cheddar Cheese (7)**	1 block	2 blocks	2 blocks
Broccoli Florets**	1 small pack	1 medium pack	1 large pack

*Not Included ** Store in the Fridge

Custom Recipe: Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

Nutrition

	Per serving	Per 100g
for uncooked ingredient	773g	100g
Energy (kJ/kcal)	2885/690	373/89
Fat (g)	26	3
Sat. Fat (g)	11	2
Carbohydrate (g)	77	10
Sugars (g)	16	2
Protein (g)	40	5
Salt (g)	2.28	0.30
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	803g	100g
Energy (kJ/kcal)	3056/731	381/91
Fat (g)	28	3
Sat. Fat (g)	13	2
Carbohydrate (g)	79	10
Sugars (g)	16	2
Protein (g)	46	6
Salt (g)	2.45	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk (13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



1. Prep the Veggies

Preheat your oven to 220°C and put a large saucepan of **water** with ½ tsp of **salt** on to boil for the **potatoes**. Chop the **mushrooms** into roughly 1cm pieces. Chop **both types of potato** into roughly 2cm cubes (no need to peel).



2. Brown the Mince

Heat a drizzle of **oil** in a large frying pan on medium high heat and add the **mince**. Season with **salt** and **pepper**. Break it up with a wooden spoon and cook until browned, 4-5 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. Add the **mushrooms** and cook until browned, 4-5 mins more, stirring occasionally.



CUSTOM RECIPE

If you've chosen **lamb mince** instead of beef mince, just follow the steps as normal.



3. Make the Mash

Meanwhile, add **both types of potato** to your pan of boiling **water** and simmer until tender, 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), season with **salt** and some **pepper**. Mash until smooth.



4. Assemble the Pie

Once the **mushrooms** have browned, add the **Worcester sauce** to the pan and bubble away until evaporated, 1-2 mins. Add the **tomato purée**, **chopped tomatoes**, **water** (see ingredients for amount) and **beef stock powder**. Bring to the boil, then reduce the heat and simmer until thickened, 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 baking tray and drizzle over some **oil**. Season with **salt** and **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, 12-15 mins.



6. Serve

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.

Enjoy!