



Ultimate Cheesy Mash Topped Cottage Pie with Buttery Tenderstem® Broccoli

Ultimate 35-40 Minutes • 3 of your 5 a day

35



Potatoes



Onion



Carrot



Tenderstem® Broccoli



Garlic Clove



Mature Cheddar
Cheese



Beef Mince



Finely Chopped
Tomatoes with
Onion and Garlic



Red Wine
Jus Paste



Creme Fraiche



Grated Hard
Italian Style Cheese



Unsalted Butter

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, colander, frying pan, grater, bowl, lid, ovenproof dish and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion**	1	1	2
Carrot**	1	2	2
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	60g	90g	120g
Beef Mince**	240g	360g	480g
Finely Chopped Tomatoes with Onion and Garlic	½ carton	¾ carton	1 carton
Red Wine Jus Paste 10) 14)	22g	30g	44g
Crème Fraîche** 7)	75g	120g	150g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Unsalted Butter** 7)	10g	20g	20g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	751g 3927 /939	100g 523 /125
Fat (g)	53.8	7.2
Sat. Fat (g)	29.5	3.9
Carbohydrate (g)	65.4	8.7
Sugars (g)	20.4	2.7
Protein (g)	55.0	7.3
Salt (g)	3.52	0.47

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**. Peel and chop the **potatoes** into 2cm chunks.

Halve, peel and chop the **onion** into small pieces. Peel and trim the **carrot**, then quarter lengthways. Chop widthways into small pieces.

Halve any thick **broccoli stems** lengthways. Peel and grate the **garlic** (or use a garlic press).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Once cooked, drain in a colander and return to the pan, off the heat.



Simmer your Pie Filling

Pour the **chopped tomatoes** (see ingredients for amount) into the **beef** pan, then stir in the **red wine jus paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then reduce the heat and simmer, stirring occasionally, until thickened, 8-10 mins.

Meanwhile, preheat your grill to high.

Once the **potatoes** are drained, add the **crème fraîche** and **Cheddar** to the pan and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.



Start Cooking

While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **carrot** and **onion**. Season with **salt** and **pepper** and fry, stirring occasionally, until softened, 6-7 mins.

Meanwhile, grate the **Cheddar**.

Once the **veg** has softened, transfer to a small bowl, then pop your pan back on medium-high heat (no oil).



Time to Grill

Once the **pie filling** has thickened, season to taste, then remove from the heat. Add a splash of **water** if it's a little too thick, then transfer to an appropriately sized ovenproof dish.

Top the **filling** with an even layer of **mash** and smooth it out using the back of a spoon.

Sprinkle over the **hard Italian style cheese**, then grill until golden brown, 6-8 mins.



Fry the Beef

Once hot, add the **beef mince** to the pan and fry until browned, 5-6 mins.

Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.

Add the **cooked veg** back to the pan along with the **garlic**. Stir and cook for 1 min more.



Finish and Serve

Meanwhile, wash out your frying pan and pop back on medium-high heat with a drizzle of **oil**.

Once hot, add the **broccoli**. Stir-fry for 2-3 mins, then add a splash of **water**.

Pop a lid on the pan, or cover in foil, and cook until tender, 2-3 mins more. Season with **salt** and **pepper**, then stir through the **butter**.

Serve your **ultimate cottage pie** with the **buttery Tenderstem®** alongside.

Enjoy!