



# Cheesy Veggie Shepherd's Pie

with Mushrooms and Chickpeas

Classic 40 Minutes • 2 of your 5 a day • Veggie

N° 21



Potato



Red Onion



Chestnut Mushrooms



Carrot



Chickpeas



Cheddar Cheese



Finely Chopped Tomatoes with Basil



Dried Oregano



Sun-Dried Tomato Paste



Red Wine Stock Paste



Grated Hard Italian Style Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Grater, Sieve, Bowls, Colander, Potato Masher and Ovenproof Dish.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Red Onion**	1	1	2
Chestnut Mushrooms**	150g	225g	300g
Carrot**	1	1	2
Chickpeas	1 carton	1½ carton	2 cartons
Cheddar Cheese 7)**	60g	90g	120g
Finely Chopped Tomatoes with Basil	1 carton	1½ carton	2 cartons
Water*	150ml	225ml	300ml
Dried Oregano	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Red Wine Stock Paste 14)	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	791g	100g
Energy (kJ/kcal)	2752 /658	348 /83
Fat (g)	22	3
Sat. Fat (g)	11	1
Carbohydrate (g)	81	10
Sugars (g)	23	3
Protein (g)	31	4
Salt (g)	5.61	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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## Boil the Potato

Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the **potatoes**. Chop the **potato** into 2cm chunks (no need to peel). When boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



## Prep the Veggies

Meanwhile, halve, peel and thinly slice the **red onion**. Thinly slice the **chestnut mushrooms**. Trim the **carrot** then grate on the coarse side of your grater (no need to peel).



## Start the Filling

Heat a drizzle of **oil** in a large frying pan on medium high heat. When hot, add the **onion** and **mushrooms**. Season with **salt** and **pepper**. Cook, stirring occasionally until soft and starting to brown, 7-8 mins. While the **veggies** cook, drain and rinse the **chickpeas** in a sieve. Put **half** the **chickpeas** in a bowl and mash with the back of a fork until broken up. Grate the **Cheddar cheese**.



## Simmer

Pour in the **finely chopped tomatoes**, **water** (see ingredients for amounts), the **dried oregano** and **sun-dried tomato paste**. Add the **red wine stock paste** and stir well to combine. Stir in the **grated carrot** and the **chickpeas** (whole and mashed) then lower the heat until the **mixture** is simmering and cook with the lid off until the **sauce** is thick and tomatoey, 10-12 mins.



## Mash the Topping

When the **potato** is ready, drain in a colander and return to the pan off the heat. Add a knob of **butter** (if you have any) and the **hard Italian style cheese** and mash until smooth. Season with **salt** and **pepper**. Preheat your grill to its highest setting.



## Finish and Serve

Spoon the **veggie mixture** into an ovenproof dish and top with the **mash**. Smooth the **mash** over with a spoon, then sprinkle on the **Cheddar cheese**. Pop under your grill until the **cheese** is golden and bubbling, 2-3 mins. Serve.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.