
















Veggie Pie with Broccoli

Classic 45-55 Minutes • 2 of your 5 a day • Veggie



-  Potato
-  Carrot
-  Echalion Shallot
-  Garlic Clove
-  Chestnut Mushrooms
-  Cannellini Beans
-  Dried Thyme
-  Tomato Puree
-  Worcester Sauce
-  Finely Chopped Tomatoes
-  Vegetable Stock Paste
-  Broccoli
-  Cheddar 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, Garlic Press, Colander, Frying Pan, Potato Masher, Grater and Ovenproof Dish.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Carrot**	1	1	2
Echalion Shallot**	1	1	2
Garlic Clove	1	2	2
Chestnut Mushrooms**	150g	225g	300g
Cannellini Beans	1 carton	1½ cartons	2 cartons
Dried Thyme	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Worcester Sauce (13)	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste (10)	10g	15g	20g
Water for the Sauce*	100ml	200ml	200ml
Broccoli**	1	1	2
Cheddar Cheese (7)**	60g	90g	120g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	929g	100g
Energy (kJ/kcal)	2279 /545	245 /59
Fat (g)	13	1
Sat. Fat (g)	7	1
Carbohydrate (g)	73	8
Sugars (g)	19	2
Protein (g)	28	3
Salt (g)	2.87	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

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.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1 Get Prepped

Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **potatoes**. Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **mushrooms**. Drain and rinse the **cannellini beans** in a colander.



2 Cook the Veggies

Heat a drizzle of **oil** in a frying pan on medium heat. Once hot, add the **carrot, shallot, mushrooms** and **dried thyme**. Season with **salt** and **pepper**. Stir together and cook until the **veg** are softened and slightly coloured, 8-10 mins. Add the **garlic** and **tomato puree** and cook for 1 minute more. Stir in the **Worcester sauce** and allow to evaporate, 1-2 mins.



3 Boil the Potato

Meanwhile, once the **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins. Once the **potatoes** are cooked, drain in a colander and return to the pan off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**. Cover with a lid to keep warm.



4 Simmer

When the **veggies** are soft, add the **chopped tomatoes, cannellini beans, vegetable stock paste** and **water** (see ingredients for amount). Bring to a simmer and cook until **sauce** has reduced by half, 10-12 mins. Season to taste with **salt** and **pepper** if needed.



5 Grill

While the **veggie bean mixture** is simmering, put another large saucepan of **water** on to boil. Cut the **broccoli** into **florets** (like little trees) and grate the **cheese**. Preheat your grill to high. When the **veggie bean mixture** has reduced, pour it into an ovenproof dish. Spread the mashed **potato** on top and scatter over the **cheese**. Grill the **pie** until golden on top, about 5-6 mins.



6 Finish and Serve

Meanwhile, add the **broccoli** to the other saucepan of boiling **water** with ½ tsp of **salt** and cook until tender, 3-4 mins, then drain. Serve the **veggie shepherd's pie** with a side of **broccoli**.

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.