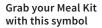


# Hearty Beef & Spinach Cottage Pie with Cheesy Mash Topping

KID FRIENDLY













Celery

**Brown Onion** 



Parmesan Cheese

**Beef Mince** 





Tomato Paste

Vegetable Stock





Parsley

**Baby Spinach** 







Sometimes only a pie will do. Satisfy that craving for something warm and comforting with this rich, Parmesan mash-topped number. It's just like Nanna used to make - but better, and with a good dose of veg!

**Pantry items** Olive Oil, Butter, Milk

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Medium saucepan with a lid · Large frying pan · Medium or large baking dish

# **Inaredients**

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
celery	1 medium packet	1 large packet
brown onion	1	2
butter*	40g	80g
milk*	2 tbs	¼ cup
Parmesan cheese	1 medium packet	1 large packet
beef mince	1 small packet	2 small packets OR 1 large packet
tomato paste	1 medium packet	1 large packet
water*	1/4 cup	½ cup
vegetable stock pot	1 packet (20g)	2 packets (40g)
baby spinach leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet
diced bacon**	1 packet (90g)	1 packet (180g)

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2791kJ (667Cal)	455kJ (108Cal)
Protein (g)	40.4g	6.6g
Fat, total (g)	38.8g	6.3g
- saturated (g)	20g	3.3g
Carbohydrate (g)	38.5g	6.3g
- sugars (g)	18.4g	3g
Sodium (mg)	1014mg	165mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3179kJ (759Cal)	483kJ (115Cal)
Protein (g)	47.3g	7.2g
Fat, total (g)	45.5g	6.9g
- saturated (g)	22.5g	3.4g
Carbohydrate (g)	39.3g	6g
- sugars (g)	18.9g	2.9g
Sodium (mg)	1444mg	219mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

2024 | CW10

Scan here if you have any questions or concerns





# Get prepped

- Bring a medium saucepan of salted water to the boil.
- · Peel potato and cut into large chunks.
- Finely chop carrot and celery.
- Thinly slice brown onion.

TIP: Save time and get more fibre by leaving the potato unpeeled!



## Make the Parmesan mash

- Cook **potato** in the boiling water until easily pierced with a fork, 12-15 minutes. Drain potato, then return to pan.
- Add the butter, milk and Parmesan cheese. Mash until smooth. Cover to keep warm.

**Little cooks:** Get those muscles working and help mash the potatoes!



# Start the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion, celery and carrot with a generous pinch of salt, stirring, until softened, 4-5 minutes. Transfer to a bowl.
- Return pan to high heat with another drizzle of olive oil. When oil is hot, cook beef mince, breaking up with a spoon, until just browned, 2-3 minutes.

**TIP:** For best results, drain the oil from the pan at the end of this step.

Custom Recipe: If you've added diced bacon, before cooking the mince, return pan to medium-high heat with a drizzle of olive oil. Cook bacon, breaking bacon up with a spoon, until almost golden, 3-4 minutes. Increase heat to high, then cook mince as above (leave bacon in the pan!).



# Finish the filling

- To pan with the beef, add tomato paste, the water and vegetable stock pot. Stir to combine.
- Add baby spinach leaves and cook, stirring, until just wilted, 1 minute.
- Return **cooked veggies** to pan, stirring to combine.



# Grill the pie

- · Preheat grill to medium-high.
- Transfer **beef filling** to a baking dish. Spread the **cheesy mash** over the top.
- Grill until the mash is golden, 5-10 minutes.

TIP: Grills cook fast, so keep an eye on the pie! **Little cooks:** Join in on the fun by smoothing the mash mixture evenly over the pie!



## Serve up

- Divide hearty beef and spinach cottage pie between plates.
- Tear over **parsley** to serve. Enjoy!



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