



Hearty Beef & Spinach Cottage Pie

with Cheesy Mash Topping

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Carrot



Celery



Brown Onion



Parmesan Cheese



Beef Mince



Tomato Paste



Vegetable Stock Pot



Baby Spinach Leaves



Parsley



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

Ingredients

	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*	¼ 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)

*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!

Scan here if you have any questions or concerns



1



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!

4



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.

2



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!

5



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!

3



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!).

6



Serve up

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

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