



Beef & Spinach Cottage Pie

with Parmesan Mash

Grab your Meal Kit with this symbol



Potato



Chives



Brown Onion



Garlic



Celery



Carrot



Grated Parmesan Cheese



Beef Mince



Tomato Paste



Beef Stock Pot



Baby Spinach Leaves

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Naturally gluten-free
Not suitable for Coeliacs

This cosy dinner is made to please, with a veggie-loaded beef base and creamy Parmesan mash topping. Give the dish a final touch by placing it under the grill until toasty brown and perfectly delicious!

Pantry items

Olive Oil, Butter, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan · Small or medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chives	1 bunch	1 bunch
brown onion	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
carrot	1	2
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
beef mince	1 small packet	1 medium packet
tomato paste	1 sachet	2 sachets
water*	¼ cup	½ cup
beef stock pot	1 tub (20g)	1 tub (40g)
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2984kJ (713Cal)	443kJ (105Cal)
Protein (g)	42.6g	6.3g
Fat, total (g)	37.9g	5.6g
- saturated (g)	19.4g	2.9g
Carbohydrate (g)	45.4g	6.7g
- sugars (g)	18.2g	2.7g
Sodium (mg)	1486mg	221mg

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.



Get prepped

Bring a medium saucepan of lightly salted water to the boil. Peel the potato and cut into 2cm chunks. Finely chop the **chives** and **brown onion**. Finely chop the **garlic**. Grate the **celery** and **carrot**.



Finish the filling

Add the **tomato paste**, **water** and **beef stock pot** to the frying pan. Return the **veggies** to the pan. Stir to combine the **beef** and **veggies**. Add the **baby spinach leaves** and stir through until just wilted, **1 minute**. Add a dash of **water** and stir through.



Make the Parmesan mash

Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt** and mash with a potato masher or fork until smooth. Stir through the **grated Parmesan cheese** and **chives** until well combined. Cover to keep warm.



Grill the pie

Preheat the grill to medium-high. Transfer the **mince mixture** to a baking dish and spread the mash on top. Grill until lightly golden, **5-7 minutes**.

TIP: Keep an eye on the mash topping as it can burn quickly!



Start the filling

While the potato is cooking, heat a drizzle of **olive oil** in a large frying pan over a high heat. Add the **onion**, **celery**, **carrot** and a generous pinch of **salt** and cook, stirring, until softened, **4-5 minutes**. Transfer to a bowl. Return the pan to a high heat. Add the **beef mince**, **garlic** and another drizzle of **olive oil** to the pan. Cook, breaking up with a spoon, until just browned, **2-3 minutes**.

TIP: Transferring the veggies out of the pan allows the beef to brown!



Serve up

Divide the beef and spinach cottage pie between bowls.

Enjoy!