



Beef & Veggie Cottage Pie

with Parmesan Mash

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Celery



Carrot



Green Beans



Grated Parmesan Cheese



Beef Mince



Tomato Paste



Vegetable Stock Pot

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- 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. Add the finishing 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 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
brown onion	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
carrot	1	2
green beans	1 small bag	1 medium bag
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 packet	2 packets
water*	¼ cup	½ cup
vegetable stock pot	1 packet (20g)	1 packet (40g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2970kJ (709Cal)	448kJ (107Cal)
Protein (g)	42.2g	6.4g
Fat, total (g)	38.4g	5.8g
- saturated (g)	19.7g	3g
Carbohydrate (g)	44.7g	6.7g
- sugars (g)	18.1g	2.7g
Sodium (mg)	1473mg	222mg

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.

1



Get prepped

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into large chunks. Finely chop the **brown onion** and **garlic**. Grate the **celery** and **carrot**. Trim the **green beans** and cut into thirds.

4



Finish the filling

Add the **tomato paste**, the **water** and **vegetable stock pot**. Stir to combine, then return **veggies** to the pan.

TIP: Add a dash of water at the end if the filling seems too thick!

2



Make the Parmesan mash

Cook the **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **butter**, **milk** and the **salt**. Mash until smooth. Stir through the **grated Parmesan cheese** until well combined. Cover to keep warm.

5



Grill the pie

Preheat the grill to medium-high. Transfer the **filling** to a baking dish. Spread the **Parmesan mash** on top. Grill until lightly golden, **5-7 minutes**.

3



Start the filling

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

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

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

6



Serve up

Slice the beef and veggie cottage pie. Divide between plates to serve.

Enjoy!

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