



# Beef & Kale Cottage Pie

with Cheesy Mash Topping

Grab your Meal Kit with this symbol



Potato



Kale



Tomato Paste



Grated Parmesan Cheese



Soffritto Mix



Beef Mince



Vegetable Stock Pot

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

**Naturally Gluten-Free**  
*Not suitable for coeliacs*

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

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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
<b>salt*</b>	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
kale	1 medium bag	1 medium bag
soffritto mix	1 medium bag	1 large bag
beef mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
vegetable stock pot	1 packet (20g)	1 packet (40g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2758kJ (659Cal)	525kJ (125Cal)
Protein (g)	40.2g	7.6g
Fat, total (g)	39.2g	7.5g
- saturated (g)	20.1g	3.8g
Carbohydrate (g)	33g	6.3g
- sugars (g)	11.7g	2.2g
Sodium (mg)	1431mg	272mg

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

1



## Cook the potato

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.

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

2



## Make the cheesy mash

- Drain cooked **potato**, then return to pan.
- Add the **butter**, the **milk** and the **salt**. Mash until smooth.
- Stir through **grated Parmesan cheese** until well combined. Cover to keep warm.

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

3



## Start the filling

- Roughly chop **kale**, discarding any larger pieces of stalk.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **kale** and **soffritto mix** with a generous pinch of **salt**, stirring, until softened, **4-5 minutes**. Transfer to a bowl.
- Return frying 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.

4



## Finish the filling

- Add **tomato paste**, the **water** and **vegetable stock pot** to the pan, stirring to combine.
- Add **baby spinach leaves** and cook, stirring, until just wilted, **1 minute**.
- Return **soffritto mix** to pan, stirring to combine.

5



## Grill the pie

- Preheat grill to medium-high.
- Transfer **beef filling** to a baking dish. Spread **cheesy mash** over the top.
- Grill until mash is golden, **5-10 minutes** (grills cook fast, so keep an eye on the pie!).

**Little cooks:** Add the finishing touch by spreading the mash on top.

6



## Serve up

- Divide beef and spinach cottage pie between plates to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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