

Beef & Spinach Cottage Pie with Cheesy Potato Mash Topping

CUSTOMER FAVOURITE

KID FRIENDLY









Celery



Brown Onion



Shaved Parmesan Cheese

Beef Mince



Tomato Paste





Baby Spinach Leaves





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!

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 \cdot Large frying pan \cdot Medium or large baking dish

Ingredients

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	1/4 cup	
shaved Parmesan	1 packet	1 packet	
cheese	(26g)	(52g)	
beef mince	1 small packet	1 medium packet	
tomato paste	1 packet	1 packet	
water*	1/4 cup	½ cup	
vegetable stock	1 packet	2 packets	
pot	(20g)	(40g)	
baby spinach leaves	1 small bag	1 medium bag	
diced bacon**	1 packet (90g)	1 packet (180g)	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2833kJ (677Cal)	441kJ (105Cal)
Protein (g)	40.4g	6.3g
Fat, total (g)	38.7g	6g
- saturated (g)	19.9g	3.1g
Carbohydrate (g)	40.7g	6.3g
- sugars (g)	20.4g	3.2g
Sodium (mg)	1046mg	163mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3222kJ (770Cal)	468kJ (112Cal)
Protein (g)	47.1g	6.8g
Fat, total (g)	45.6g	6.6g
- saturated (g)	22.5g	3.3g
Carbohydrate (g)	41.6g	6g
- sugars (g)	21g	3.1g
Sodium (mg)	1478mg	215mg

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.



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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 saucepan.
- Add the butter, the milk and shaved 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 the 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.

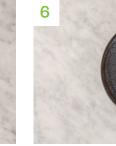


Grill the pie

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

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