

Indian-Style Beef Cottage Pie

with Spiced Mash & Tomato Salad



Potato



Brown Onion



Garlic



Celery



Carrot



Brown Mustard Seeds



Beef Mince



Mumbai Spice Blend



Tandoori Paste



Tomato Paste



Vegetable Stock Powder



Tomato



Baby Spinach Leaves



Coriander

Hands-on: **30-40 mins**
 Ready in: **40-50 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Brimming with Indian-inspired flavours and aromas, this is no basic beef pie. The mustard seeds in the mash impart a lovely golden hue, and the coriander garnish really makes the dish sing.

Pantry items

Olive Oil, Butter, Milk, White Wine Vinegar

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	3	6
brown onion	1	2
garlic	2 cloves	4 cloves
celery	1 medium bag	1 large bag
carrot	1	2
butter*	40g	80g
brown mustard seeds	½ sachet	1 sachet
milk*	¼ cup	½ cup
salt*	¼ tsp	½ tsp
beef mince	1 small packet	1 medium packet
Mumbai spice blend	1 sachet	2 sachets
tandoori paste	1 packet	2 packets
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
vegetable stock powder	1 medium sachet	1 large sachet
tomato	1	2
white wine vinegar*	drizzle	drizzle
baby spinach leaves	1 small bag	1 medium bag
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3380kJ (808Cal)	367kJ (88Cal)
Protein (g)	43.6g	4.7g
Fat, total (g)	37g	4g
- saturated (g)	16.8g	1.8g
Carbohydrate (g)	67.4g	7.3g
- sugars (g)	25.3g	7.3g
Sodium (mg)	1959mg	213mg

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 salted water to the boil. Peel the **potato** and cut into large chunks. Finely chop the **brown onion**. Finely chop the **garlic**. Finely chop the **celery**. Thinly slice the **carrot** into half-moons.



Grill the pie

SPICY! This is a mild spice blend, but use less if you're sensitive to heat! Preheat the grill to high. Add the **Mumbai spice blend**, **tandoori paste** and **garlic** to the pan and cook until fragrant, **1 minute**. Add the **tomato paste**, the **water** and **vegetable stock powder**. Stir to combine. Season with **salt** and **pepper**. Transfer the **beef filling** to a baking dish. Spread the **mash** evenly over the top. Grill until lightly golden, **8-10 minutes**.



Make the mash

Cook the **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain, then transfer to a bowl. Return the pan to a medium-high heat with the **butter** and a drizzle of **olive oil**. Cook the **brown mustard seeds** (see ingredients) and 1/2 the **onion** until fragrant, **2 minutes**. Remove from the heat. Return the **potato** to the pan. Add the **milk** and the **salt**. Mash until smooth. Set aside.

TIP: You can leave out the mustard seeds if you prefer!



Make the salad

While the pie is grilling, roughly chop the **tomato**. In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add the **baby spinach leaves** and **tomato**. Toss to coat.



Cook the veggies & beef

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



Serve up

Roughly chop the **coriander**. Divide the Indian-style beef cottage pie with spiced mash between plates. Garnish with the coriander. Serve with the tomato salad.

Enjoy!

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