



Lamb & Spinach Cottage Pie

with Cheesy Mash Topping

NEW

Grab your meal kit with this number

40



Potato



Carrot



Celery



Brown Onion



Lamb Mince



Tomato Paste



Chicken Stock Pot



Savoury Seasoning



Baby Spinach Leaves



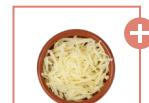
Parmesan Cheese



Parsley



Lamb Mince



Cheddar Cheese

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

Protein Rich

Carb Smart

If there's one thing we know how to do well, it's creating delicious pie concoctions that are sure to give you an aroma-filled kitchen! In this edition, lamb mince and spinach come together in perfect matrimony, with some extra tasty veggies and an easy potato mash. Our stomachs are already grumbling!

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large frying pan · Medium or large baking dish

Ingredients

	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	¼ cup
lamb mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 medium packet	1 large packet
water*	¼ cup	½ cup
chicken stock pot	½ packet	1 packet
savoury seasoning	1 sachet	2 sachets
baby spinach leaves	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2604kJ (622cal)	266kJ (64cal)
Protein (g)	36.9g	3.8g
Fat, total (g)	34.9g	3.6g
- saturated (g)	20.1g	2.1g
Carbohydrate (g)	39.2g	4g
- sugars (g)	17.9g	1.8g
Sodium (mg)	1202mg	122.8mg
Dietary Fibre (g)	10g	1g

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 **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!



Finish the filling

- To the pan with the lamb, add **tomato paste**, the **water**, **chicken stock pot** (see ingredients) and **savoury seasoning**. Stir to combine.
- Add **baby spinach leaves** and cook, stirring, until just wilted, **1 minute**.
- Return **cooked veggies** to pan, stirring to combine.



Make the mash

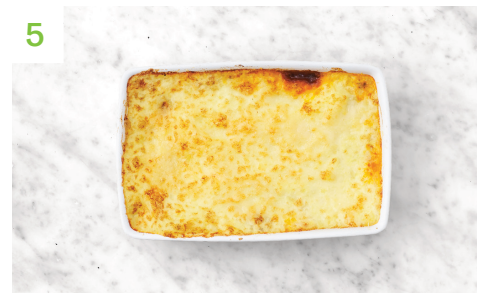
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain **potato**, then return to pan.
- Add the **butter** and **milk** and mash until smooth.



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**, tossing, until softened, **4-5 minutes**. Transfer to a bowl.
- Return pan to high heat and cook **lamb mince**, breaking up with a spoon, until browned, **3-4 minutes**.

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



Grill the pie

- Preheat grill to medium-high.
- Transfer **lamb filling** to a baking dish.
- Spread **mash** over the top and sprinkle over **Parmesan cheese**.
- Grill **pie**, until the mash is golden, **5-10 minutes**.

TIP: Grills cook fast, so keep an eye on the pie!



Serve up

- Divide lamb and spinach cottage pie between plates.
- Tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



CUSTOM OPTIONS



DOUBLE LAMB MINCE

Follow method above, cooking in batches if necessary.



ADD CHEDDAR CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

