



Beef & Kale Cottage Pie

with Cheesy Mash Topping

Grab your Meal Kit with this symbol



Potato



Kale



Soffritto Mix



Vegetable Stock Pot



Tomato Paste



Grated Parmesan Cheese



Beef Mince

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
olive oil*	refer to method	refer to method
potato	2	4
kale	1 medium bag	2 medium bags
butter*	40g	80g
milk*	2 tbs	¼ cup
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
soffritto mix	1 medium bag	1 large bag
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)	2778kJ (664Cal)	529kJ (126Cal)
Protein (g)	40.2g	7.6g
Fat, total (g)	39.3g	7.5g
- saturated (g)	20.1g	3.8g
Carbohydrate (g)	34.6g	6.6g
- sugars (g)	11.5g	2.2g
Sodium (mg)	1273mg	242mg

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 salted water to the boil.
- Peel **potato** and cut into large chunks.
- Roughly tear **kale** leaves, then discard stems.

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

2



Make the Parmesan mash

- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain cooked **potato**, then return to pan.
- Add the **butter**, the **milk** and **grated Parmesan cheese**. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes! Be careful, the pan is hot!

3



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **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. Stir to combine.
- Add **kale** and cook, stirring, until just wilted, **1-2 minutes**.
- 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 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: Add the finishing touch by spreading the mash on top.

6



Serve up

- Divide beef and kale 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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