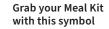
Beef & Rosemary Cottage Pie

with Cheesy Mash Topping















Carrot



Rosemary







Tomato Paste



Beef Stock



Shredded Cheddar Cheese







Green Beans







Pantry items

Olive Oil, Butter, Milk

Hands-on: 30-40 mins Ready in: 40-50 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, cheesy mash-topped number. It's just like Nanna used to make (but better!).



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

 $\label{eq:medium-saucepan-Large-frying-pan-Medium-or-large-baking-dish} \begin{tabular}{ll} Medium saucepan \cdot Large frying pan \cdot Medium or large baking dish \end{tabular}$

Ingredients

ingi ediente				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
butter*	40g	80g		
milk*	2 tbs	½ cup		
salt*	1/4 tsp	½ tsp		
brown onion	1/2	1		
carrot	1	2		
rosemary	1 stick	2 sticks		
garlic	2 cloves	4 cloves		
baby spinach	1 medium bag	1 large bag		
leaves	(60g)	(120g)		
beef mince	1 small packet	1 medium packet		
tomato paste	1 packet	2 packets		
water*	2 tbs	¼ cup		
beef stock pot	1 packet (20g)	1 packet (40g)		
shredded Cheddar cheese	1 medium packet	1 large packet		
green beans	1 small bag (100g)	1 medium bag (200g)		
parsley	1 bag	1 bag		
bacon**	1 packet	2 packets		
*Pantry Items **Custom Recipe Ingredient				

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2935kJ (701Cal)	469kJ (112Cal)
Protein (g)	43.5g	6.9g
Fat, total (g)	37.8g	6g
- saturated (g)	21.9g	3.5g
Carbohydrate (g)	42.1g	6.7g
- sugars (g)	15.1g	6.7g
Sodium (mg)	1473mg	235mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3445kJ (823Cal)	510kJ (121Cal)
Protein (g)	52g	7.7g
Fat, total (g)	47.8g	7.1g
- saturated (g)	25.8g	3.8g
Carbohydrate (g)	42.4g	6.3g
- sugars (g)	15.1g	2.2g
Sodium (mg)	1923mg	284mg

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.

If you have any questions or concerns, please visit **hellofresh.com.au/contact**

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Mash the potato

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt** and mash until smooth.



Get prepped

While the potato is cooking, finely chop the **brown onion** (see ingredients). Finely chop the **carrot**. Pick and finely chop the **rosemary** leaves (see ingredients). Finely chop the **garlic**. Roughly chop the **baby spinach leaves**.

CUSTOM RECIPE

If you've added bacon, cut the bacon into small pieces.



Cook the filling

In a large frying pan, heat a drizzle of olive oil over a high heat. Cook the onion and carrot, stirring, until softened, 6-7 minutes. Add the garlic (reserve a pinch for the beans!) and rosemary and cook, stirring, until fragrant, 1 minute. Add the beef mince and cook, breaking up with a spoon, until just browned, 3-4 minutes. Reduce the heat to medium and add the tomato paste, the water and the beef stock pot. Stir to combine. Add the chopped baby spinach and stir through until just wilted, 1-2 minutes.

TIP: Add a dash of water if the mixture looks dry.

CUSTOM RECIPE

Before cooking the onion, add the bacon to the pan and cook until golden, 5-6 minutes. Transfer to a bowl. Return the bacon to the pan with the baby spinach.



Grill the pie

Preheat the grill to medium-high. Transfer the mince mixture to a baking dish and spread the mashed potato over the top. Sprinkle with the shredded Cheddar cheese. Grill until the cheese is melted and golden, 5-10 minutes.

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



Cook the beans

While the pie is grilling, trim the **green beans**. Wash and dry the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **beans**, tossing, until tender, **3-4 minutes**. Add the reserved **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**.



Serve up

Divide the beef and rosemary cottage pie and green beans between plates. Garnish with torn **parsley** leaves to serve.

Enjoy!