



Beef & Rosemary Cottage Pie

with Cheesy Mash Topping

Grab your Meal Kit
with this symbol



Potato



Brown Onion



Carrot



Rosemary



Garlic



Baby Spinach
Leaves



Beef Mince



Tomato Paste



Beef Stock
Pot



Shredded
Cheddar Cheese




Green Beans



Parsley



Bacon

 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!).



CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
brown onion	½	1
carrot	1	2
rosemary	1 stick	2 sticks
garlic	2 cloves	4 cloves
baby spinach leaves	1 medium bag (60g)	1 large bag (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

2021 | CW32

1



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.

2



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.

3



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.

4



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!

5



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**.

6



Serve up

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

Enjoy!