



# Beef & Spinach Cottage Pie

with Cheddar Mash

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Celery



Carrot



Shredded Cheddar Cheese



Beef Mince





Tomato Paste



Beef Stock Pot



Baby Spinach Leaves

 Hands-on: **25-35 mins**  
Ready in: **35-45 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

This cosy dinner is made to please, with a veggie-loaded beef base and creamy Cheddar mash topping. Give the dish a final touch by placing it under the grill until toasty brown and perfectly delicious!

### 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 · Baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
carrot	1	2
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
shredded Cheddar cheese	1 medium packet	1 large packet
beef mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
beef stock pot	1 packet (20g)	1 packet (40g)
baby spinach leaves	1 medium bag (60g)	1 large bag (120g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3170kJ (758Cal)	467kJ (112Cal)
Protein (g)	43.6g	6.4g
Fat, total (g)	42.7g	6.3g
- saturated (g)	22.5g	3.3g
Carbohydrate (g)	44.9g	6.6g
- sugars (g)	17.9g	6.6g
Sodium (mg)	1512mg	223mg

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](https://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 lightly salted water to the boil. Peel the **potato** and cut into large chunks. Finely chop the **brown onion** and **garlic**. Grate the **celery** and **carrot**.



## Make the Cheddar mash

Cook the **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **butter**, **milk** and the **salt**. Mash until smooth. Stir through the **shredded Cheddar cheese** until well combined. Cover to keep warm.



## Start the filling

While the potato is cooking, heat a drizzle of **olive oil** in a large frying pan over a high heat. Add the **onion**, **celery**, **carrot** and a generous pinch of **salt** and cook, stirring, until softened, **4-5 minutes**. Transfer the veggies to a bowl. Return the pan to a high heat. Add the **beef mince**, **garlic** and another drizzle of olive oil. Cook, breaking up mince with a spoon, until just browned, **2-3 minutes**.

**TIP:** Transferring the veggies out of the pan allows the beef to brown!



## Finish the filling

Add the **tomato paste**, the **water** and **beef stock pot**. Return the **veggies** to the pan. Stir to combine. Add the **baby spinach leaves** and stir through until just wilted, **1 minute**. Stir in a dash of **water** if the filling is very thick.



## Grill the pie

Preheat the grill to medium-high. Transfer the **mince filling** to a baking dish and spread the **mash** on top. Grill until lightly golden, **5-7 minutes**.

**TIP:** Keep an eye on the mash topping as it can burn quickly!



## Serve up

Divide the beef and spinach cottage pie with cheddar mash between plates to serve.

Enjoy!

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