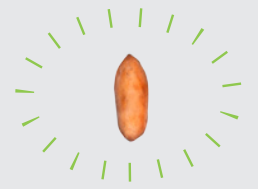




GRANNY'S CHEESY BEEF COTTAGE PIE

with Sweet Potato-Broccoli Top



Hide veggies in a cheesy mash topping



Sweet Potato



Broccoli



Brown Onion



Carrot



Celery



Cheddar Cheese



Mediterranean Spice Blend



Beef Mince



Tomato Paste



Beef Stock

Pantry Staples



Olive Oil



Milk



Butter



Water

Hands-on: 30 mins
Ready in: 40 mins

This is cottage comfort cuisine with a colourful twist, because why on Earth not? Not only does cheesy broccoli and sweet potato add gorgeous colour to this hardworking but rather ordinary looking dish, but it also adds a beautiful texture and amazing flavours as well.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan** with a **lid**, **chef's knife**, **chopping board**, **box grater**, **colander**, **potato masher** or **fork**, **large frying pan**, **wooden spoon** and a **medium baking dish**.



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Preheat the grill to **high**. Peel the **sweet potato** and chop into 2 cm chunks. Chop the **broccoli florets** into 2 cm pieces. Finely chop the **brown onion**. Finely chop the **carrot** (unpeeled). **TIP:** Keep the skin on the carrot to retain the nutrients! Finely chop the **celery**. Grate the **Cheddar cheese**.



2 MAKE THE SWEET POTATO-BROCCOLI MASH

Add the **sweet potato** to the boiling water and cook for **10-15 minutes**, or until easily pierced with a knife. In the **last 3 minutes** of sweet potato cooking time, add the **broccoli florets** and cook until soft. Drain and return to the saucepan. Add the **milk**, the **butter** and a **pinch** of **salt** and **pepper** and mash with a potato masher or fork until smooth. Set aside and cover with a lid to keep warm.



3 COOK THE BEEF MINCE

While the sweet potato is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **brown onion**, the **Mediterranean spice blend**, the **carrot** and the **celery** and cook for **4-5 minutes**, or until soft and fragrant. Add the **beef mince** and cook for **4-5 minutes**, breaking up with a wooden spoon, until browned and cooked through.



4 MAKE IT SAUCY

Add the **tomato paste** and the **warm water** (check the ingredients list for the amount) to the pan with the beef and stir to combine. Crumble in the **beef stock** cube and simmer for **5 minutes**, or until the sauce thickens slightly. Season to taste with a **pinch** of **salt** and **pepper**.



5 GRILL THE BEEF PIE

Spoon the **beef mince mixture** into a medium baking dish and top with the **sweet potato-broccoli mash**. Sprinkle over the **Cheddar cheese** and place under the grill for **5 minutes**, or until the cheese is melted.



6 SERVE UP

Divide the beef cottage pie between plates and season with a **pinch** of **salt** and **pepper**.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	800 g
broccoli	1 head
brown onion	1
carrot	1
celery	1 stalk
Cheddar cheese	1 block (100 g)
milk*	¼ cup
butter*	20 g
Mediterranean spice blend	1 ½ sachets (4 ½ tsp)
beef mince	1 packet
tomato paste	2 sachets (100 g)
warm water*	½ cup
beef stock	1 cube

*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2390kJ (570Cal)	403kJ (96Cal)
Protein (g)	41.9g	7.1g
Fat, total (g)	24.4g	4.1g
- saturated (g)	11.6g	2.0g
Carbohydrate (g)	40.6g	6.9g
- sugars (g)	19.9g	3.4g
Sodium (mg)	712mg	120mg

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