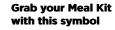
Indian-Style Beef Cottage Pie

with Spiced Mash & Tomato Salad











Potato





Carrot







Garlic







Turmeric





Beef Mince

Mumbai Spice Blend

Tandoori Paste





Tomato Paste





Tomato





Baby Spinach





Olive Oil, Butter, Milk, White Wine Vinegar

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 baking dish

Ingredients

ingrealents		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
brown onion	1	2
carrot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
butter*	40g	80g
brown mustard seeds	½ sachet	1 sachet
turmeric	1 sachet	2 sachets
milk*	⅓ cup	½ cup
salt*	¼ tsp	½ tsp
beef mince	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
tandoori paste	1 tub (50g)	2 tubs (100g)
tomato paste	1 packet	2 packets
water*	⅓ cup	½ cup
beef stock	1 cube	2 cubes
tomato	1	2
coriander	1 bag	1 bag
white wine vinegar*	1 tsp	2 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3200kJ (764Cal)	355kJ (85Cal)
Protein (g)	45.3g	5.0g
Fat, total (g)	31.2g	3.5g
- saturated (g)	15.5g	1.7g
Carbohydrate (g)	65.1g	7.2g
- sugars (g)	20.2g	2.2g
Sodium (g)	1910mg	212mg

Allergens

Always read product labels for the most up-to-date allergen information.

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Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Please call us with any questions or concerns | (02) 8188 8722 hello@hellofresh.com.au
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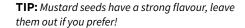
1. Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** (unpeeled) and cut into 2cm chunks. Finely chop the **brown onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **capsicum**. Finely chop the **garlic** (or use a garlic press).



2. Make the spiced mash

Add the potato to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain. Add the **butter** and a **drizzle** of **olive oil** to the pan and melt over a medium-high heat. Add the **brown mustard seeds** (see ingredient list), turmeric and **1/2** the **onion** and cook until fragrant, **2 minutes**. Remove from the heat. Return the **potatoes** to the pan with the **milk** and **salt**. Use a potato masher or a fork to mash until smooth. Cover with a lid to keep warm.





3. Cook the beef

While the potato is cooking, heat a large frying pan with a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot**, **capsicum** and remaining **onion** and cook, stirring, until softened, **4-5 minutes**. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **2-3 minutes**.



4. Finish the pie

SPICY! Add less spice blend and paste if you're sensitive to heat! Preheat the grill to high. Add the Mumbai spice blend, tandoori paste and garlic and cook until fragrant, 1 minute. Add the tomato paste, water and crumble in the beef stock (1 cube for 2 people / 2 cubes for 4 people). Stir to combine. Season to taste with salt and pepper. Transfer the beef mince filling to a medium baking dish and spread the mash over the top. Grill until lightly golden, 8-10 minutes.



5. Make the salad

While the pie is grilling, roughly chop the **tomato**. Roughly chop the **coriander**. In a medium bowl, add the **white wine vinegar**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Add the **baby spinach leaves, tomato** and **1/2** the **coriander**. Toss to combine.



6. Serve up

Divide the Indian-style cottage pie between plates. Serve with the tomato salad. Garnish with the remaining coriander.

Enjoy!