



Indian-Style Beef Cottage Pie

with Spiced Mash & Tomato Salad

Grab your Meal Kit
with this symbol



Potato



Brown Onion



Carrot



Capsicum



Garlic



Brown Mustard
Seeds



Turmeric



Beef Mince



Mumbai Spice
Blend



Tandoori Paste



Tomato Paste



Beef Stock



Tomato



Coriander



Baby Spinach
Leaves



Hands-on: **30-40 mins**
Ready in: **40-50 mins**



Naturally gluten-free
Not suitable for Coeliacs

Who knew a pie could have loads of colour, flavour and aromatic spices? Far from a regular beef pie, this Indian-inspired version will have you dancing like a Bollywood star!

Pantry items

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

	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*	¼ 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*	¼ 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. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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).



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**.



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.

TIP: Mustard seeds have a strong flavour, leave them out if you prefer!



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.



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**.



6. Serve up

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

Enjoy!