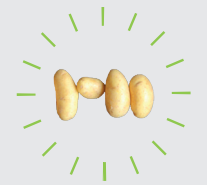




LOADED LAMB & VEGGIE PIE

with Potato-Rosti & Cheddar Cheese Top



Add a golden rosti top to lamb pie



Brown Onion



Carrot



Zucchini



Garlic



Rosemary



Potato



Cheddar Cheese



Cucumber



Lamb Mince



Beef Stock



Tomato Paste



Baby Spinach Leaves



Roasted Almonds

Hands-on: 30 mins
Ready in: 40 mins

We love this twist on shepherd's pie – potato rosti is super easy and creates an amazing crunchy top for our loaded lamb pie. We're layering raw potato straight on top here, so don't forget to keep the layer thin to ensure a perfectly cooked result.

Pantry Staples: Olive Oil, Water, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, box grater, large frying pan, wooden spoon, medium baking dish** and a **small bowl**.



1 GET PREPPED

Finely chop the **brown onion**. Dice the **carrot** (unpeeled) into 1.5 cm chunks. **TIP:** *Chopping the carrot into small cubes speeds up the cooking process.* Chop the **zucchini** into 1.5 cm chunks. Peel and finely chop the **garlic**. Pick and finely chop the **rosemary** leaves until you have **1 tsp**. **TIP:** *Use as much or as little rosemary as you like!* Grate the **potato** (unpeeled). Grate the **Cheddar cheese**.



2 MAKE THE LAMB FILLING

Heat a **drizzle of olive oil** in a large frying pan over a medium heat. **TIP:** *Lamb mince can be quite fatty, so don't add too much oil to the pan!* Add the **brown onion, carrot and zucchini** and cook, stirring, for **5 minutes**, or until softened. Add the **lamb mince, garlic and rosemary** and cook for a further **3-5 minutes**, breaking up with a wooden spoon, until browned.



3 ADD THE SAUCE

Add the **tomato paste** and cook, stirring, for **1 minute**, or until the ingredients are well coated. Crumble in the **beef stock** cube and add the **warm water (check ingredients list for the amount)**. Bring to the boil and stir to dissolve the stock cube. Reduce the heat to low and simmer for **5-10 minutes**, or until the sauce reduces and thickens slightly. Stir through $\frac{1}{2}$ of the **baby spinach leaves** until wilted. Season to taste with a **generous pinch of salt and pepper**.



4 CREATE THE ROSTI TOP

While the lamb filling is simmering, preheat the grill to **medium-high**. In a small bowl, combine the grated **potato** and **Cheddar cheese** and stir until evenly combined. Transfer the lamb filling to a medium baking dish and top with a thin layer of **potato rosti mix** (about 0.5 cm thick). **TIP:** *Make sure the rosti is in a thin layer so it browns!* Place the pie on the top shelf under the grill and bake for **12-15 minutes**, or until golden on top.



5 MAKE THE SALAD

While the pie is grilling, chop the **cucumber**. In a large bowl, toss the cucumber, **remaining baby spinach leaves** and **roasted almonds** with the **balsamic vinegar** and **1 tbs of olive oil**. **TIP:** *Toss the salad just before serving to prevent soggy leaves.*



6 SERVE UP

Divide the loaded lamb and veggie pie and the baby spinach salad between plates.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
carrot	1
zucchini	1
garlic	2 cloves
rosemary	1 bunch
potato	200 g
Cheddar cheese	1 block (50 g)
lamb mince	1 packet
tomato paste	1 sachet (50 g)
beef stock	1 cube
warm water*	$\frac{1}{2}$ cup (125 ml)
baby spinach leaves	1 bag
cucumber	1
roasted almonds	1 packet ($\frac{1}{4}$ cup)
balsamic vinegar*	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1790kJ (428Cal)	377kJ (90Cal)
Protein (g)	40.6g	8.6g
Fat, total (g)	19.7g	4.1g
- saturated (g)	7.8g	1.7g
Carbohydrate (g)	18.7g	3.9g
- sugars (g)	8.4g	1.8g
Sodium (g)	511mg	107mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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