



LAMB & SPINACH SHEPHERD'S PIE

with Creamy Mash



Whip up a classic British dish



Potato



Brown Onion



Celery



Carrot



Thyme



Garlic



Lamb Mince



Tomato Paste




Beef Stock



Baby Spinach Leaves

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

 Naturally gluten-free
Not suitable for Coeliacs

Did you know that shepherd's pie traditionally uses lamb, while cottage pie uses beef? We kept up with tradition in this winter warmer, but decided to make our version extra nutritious by stirring baby spinach through the hearty lamb filling. Enjoy the comforting mix of old and new!

Pantry Staples: Olive Oil, Milk, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**
- **medium baking dish**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Finely chop the **brown onion** and **celery**. Grate the **carrot** (unpeeled) or finely chop if you prefer. Pick the **thyme** leaves. Finely chop the **garlic** (or use a garlic press).



2 MAKE THE MASH

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the pan. Add the **milk**, **butter** and the **salt** and use a potato masher or a fork to mash until smooth. Cover with a lid to keep warm.



3 START THE FILLING

While the potato is cooking, preheat the grill to high. In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **onion**, **celery**, **carrot** and **thyme** and cook, stirring, until softened, **2 minutes**. Add a **drizzle** more **olive oil**, the **lamb mince** and **garlic** and cook, breaking up the lamb with a wooden spoon, until just browned, **2-3 minutes**.



4 FINISH THE FILLING

Add the **tomato paste** and **water** to the pan and crumble in the **beef stock** (**1 cube for 2 people / 2 cubes for 4 people**). Stir well to combine. Add the **baby spinach leaves** and stir through until just wilted, **1-2 minutes**. Add a **dash** of **water** if the mixture looks dry. Season to taste with **salt** and **pepper**.

TIP: Seasoning is key in this dish. Taste and add a pinch of salt, pepper or brown sugar if you like.



5 GRILL THE PIE

Transfer the **mince** mixture to a medium baking dish and spread the **mash** over the top. Grill until lightly golden, **8-10 minutes**.



6 SERVE UP

Divide the lamb and spinach shepherd's pie between plates.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
brown onion	1	2
celery	1 stalk	2 stalks
carrot	1	2
thyme	1 bunch	1 bunch
garlic	2 cloves	4 cloves
milk*	¼ cup	½ cup
butter*	50 g	100 g
salt*	½ tsp	1 tsp
lamb mince	1 packet	1 packet
tomato paste	1 sachet	2 sachets
water*	1 ½ tbs	¼ cup
beef stock	1 cube	2 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2790kJ (666Cal)	405kJ (97Cal)
Protein (g)	42.9g	6.2g
Fat, total (g)	28.0g	4.1g
- saturated (g)	15.8g	2.3g
Carbohydrate (g)	55.1g	8.0g
- sugars (g)	13.1g	1.9g
Sodium (g)	1150mg	168mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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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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