



# Moroccan Beef Cottage Pie

with Sweet Potato Mash & Green Salad

Grab your Meal Kit with this symbol 



-  Sweet Potato
-  Brown Onion
-  Garlic
-  Carrot
-  Celery
-  Baby Spinach Leaves
-  Beef Mince
-  Tomato Paste
-  Chermoula Spice Blend
-  Beef Stock
-  Shredded Cheddar Cheese
-  Cucumber
-  Mixed Salad Leaves

 Hands-on: **25-35** mins  
 Ready in: **35-45** mins  
 Naturally gluten-free  
*Not suitable for Coeliacs*

This mouth-watering beef pie is comfort food at its finest. We've packed it full of tasty ingredients, from garlic, carrot and celery in the rich beef filling, to the mashed sweet potato topping covered in melted cheese. Serve with a crisp salad and you've got satisfaction, guaranteed!

**Pantry items**  
 Olive Oil, Butter, Balsamic 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

Large saucepan with a lid · Large frying pan · Medium baking dish

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	40g	80g
salt*	¼ tsp	½ tsp
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
celery	1 stalk	2 stalks
baby spinach leaves	1 bag (30g)	1 bag (60g)
beef mince	1 packet	1 packet
tomato paste	1 sachet (50g)	2 sachets (100g)
chermoula spice blend	1 sachet	2 sachets
water*	¼ cup	½ cup
beef stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
cucumber	1	2
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3030kJ (725Cal)	435kJ (104Cal)
Protein (g)	41.0g	5.9g
Fat, total (g)	38.7g	5.5g
- saturated (g)	20.7g	3.0g
Carbohydrate (g)	47.7g	6.8g
- sugars (g)	25.1g	3.6g
Sodium (g)	1530mg	219mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Make the sweet potato mash

Bring a large saucepan of water to the boil. Peel and cut the **sweet potato** into 2cm chunks. Add the **sweet potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return the **sweet potato** to the saucepan. Add the **butter** and the **salt** and mash using a potato masher or fork until smooth. Cover with a lid to keep warm.



## 4. Grill the cottage pie

Add the **tomato paste**, **chermoula spice blend**, **baby spinach** 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. Season to taste with a **pinch of salt** and **pepper**. Transfer the **mince mixture** to a medium baking dish and spread the **sweet potato mash** on top. Sprinkle with the **shredded Cheddar cheese**. Grill until lightly golden, **6-8 minutes**.

**TIP:** Add a dash of water to the frying pan if the mince mixture looks dry.



## 2. Get prepped

While the sweet potato is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled) and **celery** (or finely chop if you prefer). Roughly chop the **baby spinach leaves**.



## 5. Make the salad

While the pie is grilling, roughly chop the **cucumber**. In a medium bowl, combine the **balsamic vinegar** and **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**). Season with a **pinch of salt** and **pepper**. Add the **mixed salad leaves** and **cucumber** and toss to coat.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



## 3. Cook the mince

Preheat the oven grill to high. In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **onion**, **garlic**, **carrot** and **celery** and cook, stirring, until softened, **3-4 minutes**. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **2-3 minutes**.



## 6. Serve up

Divide the Moroccan beef cottage pie between plates. Serve the green salad on the side.

**Enjoy!**