



Spiced Beef Cottage Pie

with Sweet Potato Mash & Green Salad

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Soffritto Mix



Beef Mince



Tomato Paste



Chermoula Spice Blend



Beef-Style Stock Powder



Grated Parmesan Cheese



Cucumber



Mixed Leaves

Prep in: **25-35** mins
Ready in: **35-45** mins

Naturally Gluten-Free
Not suitable for coeliacs

From the chermoula-spiced beef filling to the mashed sweet potato topping covered in melted cheese, this mouthwatering pie is comfort food at its finest. Serve with a crisp salad to cut through the richness and you'll have 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

Medium saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	40g	80g
garlic	2 cloves	4 cloves
soffritto mix	1 medium bag	1 large bag
beef mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large sachet
beef-style stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
cucumber	1	2
balsamic vinegar*	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3282kJ (784Cal)	460kJ (110Cal)
Protein (g)	42g	5.9g
Fat, total (g)	44.3g	6.2g
- saturated (g)	23.2g	3.3g
Carbohydrate (g)	49.3g	6.9g
- sugars (g)	28.4g	4g
Sodium (mg)	1448mg	203mg

The quantities provided above are averages only.

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.



Make the mash

- Bring a medium saucepan of water to the boil.
- Peel **sweet potato** and cut into large chunks.
- Cook in the **boiling water** until easily pierced with a fork, **10-15 minutes**.
- Drain and return to pan. Add the **butter** and season generously with **salt**. Mash until smooth.



Grill the pie & prep the salad

- Preheat grill to high.
- Transfer **mince filling** to a baking dish. Spread over **sweet potato mash**. Sprinkle evenly with **grated Parmesan cheese**. Grill until lightly golden, **6-8 minutes**.
- Meanwhile, roughly chop **cucumber**. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **mixed leaves** and **cucumber**. Toss to coat.

TIP: Grills cook fast, so keep an eye on the pie!



Cook the filling

- While the sweet potato is cooking, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **soffritto mix**, stirring, until softened, **3-4 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until just browned, **2-3 minutes**.
- Add **tomato paste**, **chermoula spice blend** and **garlic** and cook, stirring, until fragrant, **1 minute**. Stir in **beef-style stock powder** and a splash of **water**. Season with **salt** and **pepper**.

TIP: If needed, add a splash more water to loosen the filling.



Serve up

- Divide spiced beef cottage pie between plates.
- Serve with green salad.

Enjoy!