



Nan's Chicken Shepherd's Pie

with Crispy Parmesan Potato Topping & Garden Salad

Grab your Meal Kit with this symbol



Potato



Celery



Carrot



Garlic & Herb Seasoning



Nan's Special Seasoning



Tomato Paste



Tomato



Mixed Salad Leaves



Chicken Breast



Grated Parmesan Cheese

Prep in: **25-35** mins
Ready in: **40-50** mins

Eat Me Early

Naturally Gluten-Free
Not suitable for coeliacs

Calorie Smart

We've broken the rules by using chicken breast instead of mince for tonight's shepherd's pie. The result is an extra juicy and tender filling, brought together with two of our trusty seasonings and a good glug of tomato paste. The Parmesan mash is literally the cherry on top. Serve with a simple salad to balance out the richness.

Pantry items

Olive Oil, Butter, Milk, Honey, 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
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
celery	1 stalk	2 stalks
carrot	1	2
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
Nan's special seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
tomato	1	2
honey*	1 tsp	2 tsp
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2623kJ (627Cal)	409kJ (98Cal)
Protein (g)	47.1g	7.3g
Fat, total (g)	26.8g	4.2g
- saturated (g)	15.5g	2.4g
Carbohydrate (g)	46.9g	7.3g
- sugars (g)	18.8g	2.9g
Sodium (mg)	1196mg	187mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW30



1



Make the mash

- Boil the kettle.
- Peel **potato** and cut into large chunks.
- Half-fill a medium saucepan with the boiled **water**. Cook **potato** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**.
- Drain **potato**, then return to pan. Add the **butter** and the **milk**. Season generously with **salt**. Mash until smooth.

TIP: Save time and get more fibre by leaving the potato unpeeled!

Little cooks: Get those muscles working and help mash the potatoes!

4



Grill the pie

- Preheat grill to medium-high.
- Transfer **chicken filling** to a baking dish. Spread **mash** over the top, smoothing it out with the back of a spoon. Sprinkle with **grated Parmesan cheese**.
- Grill until cheese is melted and golden, **5-10 minutes**.

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

Little cooks: Under adult supervision, help spread the mash over the filling. You can also sprinkle the cheese on top!

2



Get prepped

- Meanwhile, finely chop **celery**.
- Grate **carrot**.
- Cut **chicken breast** into 2cm chunks.

Little cooks: Older kids, help grate the carrot under adult supervision!

5



Make the salad

- Meanwhile, roughly chop **tomato**.
- In a medium bowl, combine the **honey** with a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **mixed salad leaves** and **tomato**.
- Toss to combine.

3



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **carrot** and **celery** and cook until softened, **2-3 minutes**.
- Add **garlic & herb seasoning**, **Nan's special seasoning** and **tomato paste** and cook, stirring, until fragrant, **1 minute**.
- Reduce heat to medium, then stir through the **water**. Cook until slightly reduced, **2 minutes**. Season to taste.

TIP: Chicken is cooked through when it's no longer pink inside.

6



Serve up

- Divide Nan's chicken shepherd's pie between plates.
- Serve with garden salad. Enjoy!

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