



Creepy Cottage Pie

with Cheesy Potato Top and Peas

Halloween 35-40 Minutes • 2 of your 5 a day

10



-  Potatoes
-  Carrot
-  Garlic Clove
-  Beef Mince
-  Finely Chopped Tomatoes
-  Dried Rosemary
-  Red Wine Stock Paste
-  Worcester Sauce
-  Red Leicester
-  Peas

Pantry Items
Oil, Salt, Pepper, Tomato Ketchup, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan, grater, colander, potato masher, lid and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	1	2	2
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Finely Chopped Tomatoes	½ carton	¾ cartons	1 carton
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Red Wine Stock Paste (14)	28g	42g	56g
Worcester Sauce (13)	15g	22g	30g
Red Leicester** (7)	30g	45g	60g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Tomato Ketchup*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	½ tsp	1 tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	642g 2828 /676	100g 440 /105
Fat (g)	26.3	4.1
Sat. Fat (g)	12.3	1.9
Carbohydrate (g)	74.9	11.7
Sugars (g)	23.2	3.6
Protein (g)	39.9	6.2
Salt (g)	3.37	0.52

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Started

Bring a large saucepan of **water** with **½ tsp salt** to the boil. Chop the **potatoes** into 2cm chunks (peel first if you prefer).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into 1cm pieces.

Peel and grate the **garlic** (or use a garlic press).



Mash Time

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

Season with **salt** and **pepper**. Cover with a lid to keep warm.

Preheat your grill to its highest setting.



Fry the Beef

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **beef mince** and **carrot**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks.

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Get Grilling

Pour the **beef mixture** into an appropriately sized ovenproof dish, then top with the **mash**, using a spoon to smooth the top of the surface.

Use the **Red Leicester cheese** to create a spooky pumpkin or ghost shape on the top of your **pie**.

Grill your **pie** until the **cheese** has melted, 4-5 mins. **TIP:** Pop the dish onto a baking tray to catch any drips.



Add the Flavour

Stir the **garlic** into the **beef** and fry for 1 min more. Add the **chopped tomatoes**, **dried rosemary**, **red wine stock paste**, **Worcester sauce**, **ketchup**, **sugar** and **water for the sauce** (see pantry for all three amounts).

Stir together, bring to the boil, then reduce the heat and simmer, stirring occasionally, until thickened, 4-5 mins. Taste and season with **salt** and **pepper** if needed.

Meanwhile, grate the **Red Leicester**. **TIP:** Keep the remaining chopped tomatoes for another recipe.



Finish and Serve

Meanwhile, wipe out the **mince** pan and pop on medium-high heat with a drizzle of **oil**.

Once hot, add the **peas** and stir-fry for 2-3 mins.

Share the **creepy cottage pie** between your plates with the **peas** alongside.

Enjoy!