



Sweet Potato Cottage Pie with Mushrooms and Cheddar

Family 35-40 Minutes • 3 of your 5 a day

2



Sweet Potato



Potatoes



Garlic Clove



Beef Mince



Sliced Mushrooms



Worcester Sauce



Sun-Dried
Tomato Paste



Tomato Passata



Beef Stock Paste



Mature Cheddar
Cheese

Pantry Items
Oil, Salt, Pepper

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, colander, potato masher, lid, ovenproof dish and grater.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	1½	2
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	160g
Worcester Sauce			
13)	7g	11g	15g
Sun-Dried Tomato Paste	25g	50g	50g
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	30g	40g	60g
Pantry	2P	3P	4P
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)	686g 3054 /730	100g 445 /106
Fat (g)	27.8	4.1
Sat. Fat (g)	12.3	1.8
Carbohydrate (g)	83.8	12.2
Sugars (g)	18.5	2.7
Protein (g)	40.1	5.8
Salt (g)	2.62	0.38

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

Allergens

7) Milk 13) Cereals containing gluten

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.

Contact

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1 Prep the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Put a large saucepan of **water** with **½ tsp salt** on to boil for the **potatoes**.

Chop the **sweet** and **white potatoes** into roughly 2cm chunks (peel first if you prefer).

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



4 Simmer the Filling

Once the **mushrooms** have browned, add the **Worcester sauce** to the pan and bubble away until evaporated, 30 secs.

Stir in the **sun-dried tomato paste, tomato passata, beef stock paste and water for the sauce** (see pantry for amount).

Bring to the boil, then reduce the heat and simmer until thickened, 5-6 mins.



2 Get Frying

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Add the **garlic** and **mushrooms** to the pan, then cook, stirring occasionally, until browned, 4-5 mins more. 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.



5 Assemble your Pie

Preheat your grill to medium-high.

Transfer the **beef filling** to an appropriately sized ovenproof dish and top with an even layer of **mash**.

Grate the **Cheddar cheese**, then evenly sprinkle over the **mash**.

Grill until golden and bubbling, 4-5 mins.



3 Make the Mash

Meanwhile, add both the **chopped potatoes** to your pan of **boiling water** and cook until you can easily slip a knife through, 15-20 mins.

Once 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.



6 Serve

Once your **cottage pie** is ready, allow to stand for 2 mins before serving on plates.

Enjoy!