











Classic Beef Mince Cottage Pie with Cheese and Sauteed Peas

Family 30-35 Minutes • 1 of your 5 a day

2



-  Potatoes
-  Beef Mince
-  Garlic Clove
-  Tomato Puree
-  Mixed Herbs
-  Red Wine Jus Paste
-  Mature Cheddar Cheese
-  Peas

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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Red Wine Jus Paste 10) 14)	22g	30g	44g
Mature Cheddar Cheese** 7)	30g	40g	60g
Peas**	120g	180g	240g

Pantry	2P	3P	4P
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	551g	100g
Energy (kJ/kcal)	2537 /606	460 /110
Fat (g)	25.7	4.7
Sat. Fat (g)	11.8	2.1
Carbohydrate (g)	58.7	10.6
Sugars (g)	9.2	1.7
Protein (g)	40.8	7.4
Salt (g)	1.75	0.32

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

Allergens

7) Milk **10)** Celery **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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Potatoes

Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil.

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

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



Make the Mash

While the **mince** simmers, preheat your grill to high. Grate the **Cheddar**.

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.



Brown the Mince

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **beef mince**. Season with **salt** and **pepper**. Cook, stirring occasionally, until the **mince** has browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Meanwhile, peel and grate the **garlic** (or use a garlic press).



Grill your Cottage Pie

Once the **mince mixture** is ready, taste and season with **salt** and **pepper** if needed, then transfer to an appropriately sized ovenproof dish.

Top with an even layer of **mash** and sprinkle over the **Cheddar**.

Grill until the **cheese** is bubbling and golden, 5-6 mins.

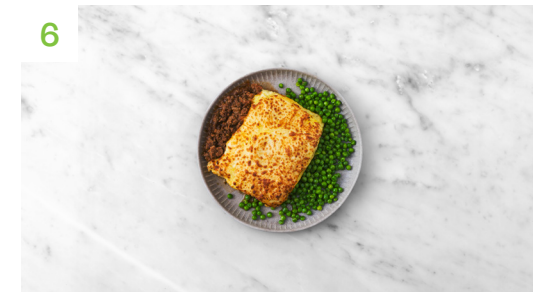


Simmer and Stir

Once the **mince** has browned, drain and discard any excess fat. Stir in the **tomato puree**, **garlic** and **mixed herbs**, then stir-fry for 1 min.

Stir in the **water for the sauce** (see pantry for amount) and **red wine jus paste**, then bring to the boil. **TIP:** If your red wine jus paste has hardened, pop in a bowl of hot water for 1 min.

Lower the heat and simmer until thickened, 5-6 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Finish and Serve

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

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

When everything's ready, carefully remove the **cottage pie** from your grill and share between your plates. Serve with the **peas** alongside.

Enjoy!