



Rich Pulled Beef Cottage Pie with Honey Roasted Carrots

Classic 35-40 Minutes • 4 of your 5 a day

8



-  Potatoes
-  Carrot
-  Onion
-  Garlic Clove
-  Tomato Passata
-  Red Wine Stock Paste
-  Worcester Sauce
-  Mixed Herbs
-  Slow Cooked Beef

Pantry Items

Oil, Salt, Pepper, Sugar, Honey, Butter

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, baking tray, lid, garlic press, colander, potato masher and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	3	5	6
Onion**	1	2	2
Garlic Clove**	2	3	4
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	28g	42g	56g
Worcester Sauce 13	15g	22g	30g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Slow Cooked Beef**	280g	420g	560g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Honey*	1 tbsps	1½ tbsps	2 tbsps
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2860 /684	364 /87
Fat (g)	19.3	2.5
Sat. Fat (g)	9.5	1.2
Carbohydrate (g)	90.2	11.5
Sugars (g)	36.4	4.6
Protein (g)	40.8	5.2
Salt (g)	3.62	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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, 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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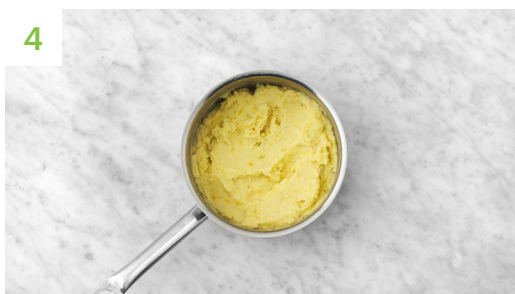
Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast the **carrots** on the top shelf until tender, 20-25 mins. Turn halfway through.



Make the Mash

When the **carrots** have 5 mins left, drizzle over the **honey** (see pantry for amount) and toss to coat, then return to the oven for the remaining time, 5 mins.

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.



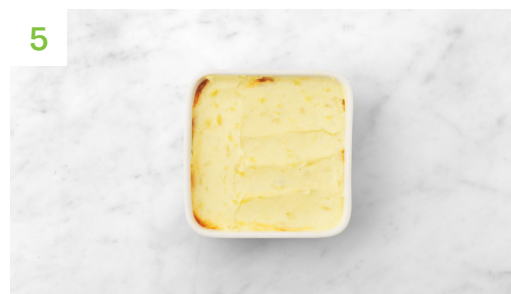
Fry the Onion

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

Meanwhile, halve, peel and chop the **onion** into small pieces.

Heat a drizzle of **oil** in a large saucepan with a tight-fitting lid on medium-high heat. Once hot, add the **onion** and fry until softened, 4-5 mins.

While the **onion** fries, peel and grate the **garlic** (or use a garlic press).



Grill your Pie

When the **carrots** are cooked, remove from the oven and cover to keep warm. Turn on your grill to high.

Stir the **butter** (see pantry for amount) into the **beef filling**. Taste and season with **salt** and **pepper** if needed.

Transfer the **beef filling** to an appropriately sized ovenproof dish. Spoon over the **mash** in an even layer. Use the back of a fork to make ridges in the **mash**.

Grill your **pie** until golden and bubbling, 6-7 mins.



Bring on the Beef

Once the **onion** has softened, add the **garlic** and fry until fragrant, 1 min.

Stir in the **passata**, **red wine stock paste**, **Worcester sauce**, **mixed herbs** and the **beef** along with the **juices** from the packet, then add the **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then simmer on low with the lid on until tender enough to shred with a fork, 10-15 mins. **IMPORTANT:** Ensure the beef is piping hot throughout. Once tender, remove the lid and shred the **beef**.



Serve Up

Share the **pulled beef cottage pie** between your bowls.

Serve the **honey roasted carrots** alongside.

Enjoy!