



Ultimate Cheesy Beef Cottage Pie with Buttery Green Beans and Tenderstem® Broccoli

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

35



Potatoes



Carrot



Green Beans



Tenderstem® Broccoli



Garlic Clove



Mature Cheddar Cheese



British Beef Mince



Tomato Passata



Peas



Red Wine Jus Paste



Parmigiano Reggiano

Pantry Items

Oil, Salt, Pepper, Sugar, 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, garlic press, colander, frying pan, grater, bowl, lid and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	1	2	2
Green Beans**	80g	150g	200g
Tenderstem® Broccoli**	80g	150g	200g
Garlic Clove**	3	5	6
Mature Cheddar Cheese** 7)	60g	90g	120g
British Beef Mince**	240g	360g	480g
Tomato Passata	1 carton	1½ cartons	2 cartons
Peas**	120g	180g	240g
Red Wine Jus Paste 10) 14)	22g	30g	44g
Parmigiano Reggiano** 7)	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	759g 3430/820	100g 452/108
Fat (g)	39.1	5.2
Sat. Fat (g)	20.0	2.6
Carbohydrate (g)	70.4	9.3
Sugars (g)	17.8	2.3
Protein (g)	51.5	6.8
Salt (g)	2.65	0.35

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, mollusc, 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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The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Prepped

Bring a large saucepan of **water** with ½ **tsp salt** to the boil. Peel and chop the **potatoes** into 2cm chunks.

Peel and trim the **carrot**, then quarter lengthways. Chop widthways into small pieces.

Trim the **green beans**. Halve any thick **broccoli stems** lengthways. Peel and grate the **garlic** (or use a garlic press).

When boiling, add the **potatoes** to the **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.



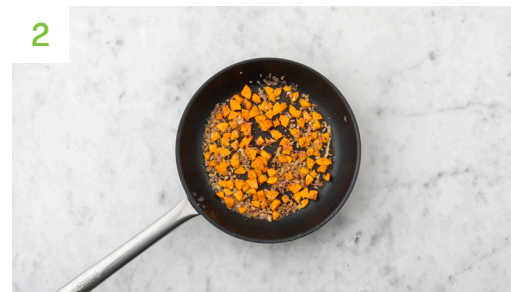
Simmer your Pie Filling

Pour the **tomato passata** into the **beef** pan, then stir in the **red wine jus paste**, **sugar** and **water for the sauce** (see pantry for both amounts). **TIP: If your red wine jus paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.**

Bring to the boil, then reduce the heat and simmer, stirring occasionally, until thickened, 8-10 mins.

Meanwhile, preheat your grill to high.

Once the **potatoes** are drained, add the **Cheddar** and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.



Cook the Carrots

While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **carrot** and season with **salt** and **pepper**. Fry, stirring occasionally, until softened, 6-7 mins.

Meanwhile, grate the **Cheddar**.

Once the **carrot** has softened, transfer to a small bowl.



Time to Grill

Once the **pie filling** has thickened, stir through the **peas**, season to taste, then remove from the heat. Add a splash of **water** if it's a little too thick, then transfer to an appropriately sized ovenproof dish.

Top the **filling** with an even layer of mash and smooth it out using the back of a spoon.

Sprinkle over the **Parmigiano Reggiano**, then grill until golden brown, 6-8 mins.

Meanwhile, wash out your frying pan and pop back on medium-high heat with a drizzle of **oil**.



Fry the Beef

Pop your (now empty) pan back on medium-high heat (no oil).

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

Add the **cooked carrot** back to the pan along with **half the garlic**. Stir and cook for 1 min more.



Finish and Serve

Once the **oil** is hot, add the **green beans** and **broccoli** and stir-fry until starting to char, 2-3 mins

Stir in the remaining **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-6 mins. Stir through the **butter** (see pantry for amount), then remove from the heat.

Serve your **ultimate cottage pie** with the **buttery green veg** alongside.

Enjoy!