



Classic Lamb Shepherd's Pie

with Cheesy Mashed Potato and Green Beans

Customer Favourites 40-45 Minutes • 2 of your 5 a day

39



Potatoes



Carrot



Garlic Clove



Lamb Mince



Tomato Passata



Red Wine Stock Paste



Dried Oregano



Green Beans



Grated Hard Italian Style Cheese

Pantry Items

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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	1	2	2
Garlic Clove**	2	3	4
Lamb Mince**	200g	300g	400g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Dried Oregano	1 sachet	1 sachet	2 sachets
Green Beans**	150g	200g	300g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	615g	100g
Energy (kJ/kcal)	2252 /538	366 /88
Fat (g)	17.3	2.8
Sat. Fat (g)	8.3	1.4
Carbohydrate (g)	68.0	11.1
Sugars (g)	13.1	2.1
Protein (g)	30.3	4.9
Salt (g)	2.74	0.45

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

Allergens

7) Milk **8)** Egg **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. **HIGH PROTEIN** - Protein contributes to the maintenance of muscle mass.

Contact

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Get Prepped

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

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Trim the **carrot** (no need to peel), then coarsely grate.

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



Make the Mash

Meanwhile, preheat your grill to high. Trim the **green beans**.

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**.

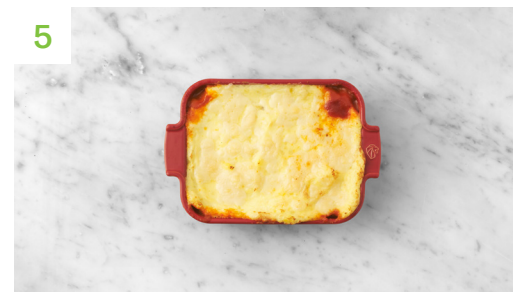


Fry the Lamb

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

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

Once hot, add the **lamb mince** and **grated carrot**. Fry until 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. It's cooked when no longer pink in the middle.



Time to Grill

Pour the **lamb mixture** into an appropriately sized ovenproof dish. Spread the **mash** over the top in an even layer, using the back of a spoon to smooth it out. Sprinkle over the **cheese**, then place the **pie** under your grill until bubbling and golden, 5-6 mins.

Once cooked, remove from your oven and leave to stand for a couple of mins.



Cook the Sauce

Once the **mince** has browned, add the **garlic** and cook for 1 min more.

Stir in the **passata**, **red wine stock paste**, **dried oregano**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat to medium and simmer until thickened, 4-5 mins.



Finish and Serve

While the **pie** grills, wipe out the (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Add a splash of **water**, then immediately cover with a lid or some foil.

Cook until the **beans** are tender, 4-5 mins. Remove from the heat and season with **salt** and **pepper**.

Share the **lamb shepherd's pie** between your plates. Serve the **green beans** alongside.

Enjoy!