

Beef Mince, Bean and Red Wine Hotpot

with Cheddar Cheese and Broccoli

Calorie Smart 35-40 Minutes • 4 of your 5 a day • Under 650 Calories







Baking Potato











Sun-Dried **Tomato Paste**

Mixed Beans

Tomato Passata



Red Wine Stock Paste



Mature Cheddar Cheese



Broccoli

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

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	2	2
Garlic Clove**	1	1	2
Beef Mince**	120g	180g	240g
Mixed Beans	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	25g	38g	50g
Red Wine Stock Paste 14)	28g	42g	56g
Mature Cheddar Cheese** 7)	40g	70g	90g
Broccoli**	1	1	1
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Water for the Sauce*	50ml	100ml	150ml

^{*}Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	648g	100g
Energy (kJ/kcal)	2399 /573	371/89
Fat (g)	20.8	3.2
Sat. Fat (g)	9.4	1.5
Carbohydrate (g)	56.7	8.8
Sugars (g)	14.6	2.3
Protein (g)	36.5	5.6
Salt (g)	3.27	0.51

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 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, 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.

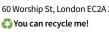
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Get Prepped

Bring a large saucepan of water to the boil with 1/2 tsp salt.

Slice the **potatoes** into 1cm thick rounds (no need to peel). Peel and grate the garlic (or use a garlic press).

Once boiling, add the **potato slices** to the **water** and simmer until you can easily slip a knife through, 8-12 mins. Drain in a colander.



Fru the Mince

Meanwhile, preheat your grill to high. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **beef mince**. Stir-fry until the mince is 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.

While the **beef** cooks, drain and rinse the mixed beans in a sieve.



Add the Flavour

Add the garlic to the mince and stir-fry until fragrant, 30 secs.

Stir in the passata, mixed beans, sun-dried tomato paste, red wine stock paste, sugar and water for the sauce (see pantry for both amounts). Roughly crush half the beans in the pan with the back of a fork or potato masher.

Bring to the boil, then reduce the heat and simmer, stirring occasionally, until thickened, 5-6 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Bring on the Hotpot

While the **beef** simmers, grate the **Cheddar**. Cut the **broccoli** into florets (like small trees), halving any large ones.

Once the **beef mixture** has thickened, taste and season with salt and pepper if needed. Spoon it into an appropriately sized ovenproof dish, then layer the **cooked potato slices** over the top.

Sprinkle over the **cheese**, then grill until golden and bubbling, 5-6 mins.



Cook the Broccoli

Meanwhile, wipe out the **mince** frying pan and pop it back on medium-high heat with a drizzle of oil. Once hot, add the the **broccoli** and stir-fry for 2-3 mins.

Add a splash of water, then cover with a lid (or foil) and allow to cook until tender, 4-5 mins more. Season with salt and pepper.



Serve

When your **hotpot** is ready, allow to stand for 2 mins, then serve with the **broccoli** alongside.

Enjoy!



