



# Beef Mince, Bean and Red Wine Hotpot with Cheddar Cheese and Broccoli

25

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



Baking Potato



Garlic Clove



Beef Mince



Mixed Beans



Tomato Passata



Sun-Dried  
Tomato Paste



Red Wine  
Stock Paste



Mature Cheddar  
Cheese



Broccoli

**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, 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 <b>14</b>	28g	42g	56g
Mature Cheddar Cheese** <b>7</b>	40g	70g	90g
Broccoli**	1	1	1
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	648g 2399 /573	100g 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.

## Contact

Let us know what you think!

Share your creations with **#HelloFreshSnaps**

Head to [hellofresh.co.uk](http://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

Bring a large saucepan of **water** to the boil with **½ 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.



## 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.



## Fry 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.



## 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 **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**.



## 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.



## Serve

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

## Enjoy!