



Beef Mince Cottage Pie with Cheese and Easy Peas

Calorie Smart 40-45 Minutes • 1 of your 5 a day • Under 650 Calories

25



-  Potatoes
-  Carrot
-  Echalion Shallot
-  Garlic Clove
-  Beef Mince
-  Tomato Puree
-  Beef Stock Paste
-  Red Wine Stock Paste
-  Dried Oregano
-  Grated Hard Italian Style Cheese
-  Peas

Pantry Items
Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, colander, potato masher, lid, garlic press, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	1	1	2
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Beef Stock Paste	10g	15g	20g
Red Wine Stock Paste 14	1 sachet	1½ sachets	2 sachets
Dried Oregano	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** 7 8	25g	40g	40g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	536g	100g
Energy (kJ/kcal)	2532 /605	473 /113
Fat (g)	22.6	4.2
Sat. Fat (g)	10.7	2.0
Carbohydrate (g)	63.4	11.8
Sugars (g)	17.5	3.3
Protein (g)	39.4	7.4
Salt (g)	3.21	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

PersonalPoints™ values based on low-cal cooking spray oil.

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, 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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Cook the Potatoes

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. Chop the **potatoes** into 2cm chunks (peel first if you prefer).

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. 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.



Simmer the Filling

Add the **beef stock paste**, **red wine stock paste**, **dried oregano**, **sugar** and **water for the sauce** (see ingredients for both amounts) to the **mince**, then stir until combined.

Bring to the boil, then reduce the heat and simmer until the **sauce** has thickened, 8-10 mins, stirring occasionally. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*

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Prep the Rest

While the **potatoes** cook, trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.

Halve, peel and chop the **shallot** into small pieces.

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



Assemble your Cottage Pie

Once the **sauce** has thickened, taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick, then transfer to an appropriately sized ovenproof dish.

Top with an even layer of **mash**, then sprinkle over the **grated hard Italian style cheese**.

Bake on the top shelf of your oven until golden and bubbling, 15-20 mins.



Fry Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **beef mince**, **carrot** and **shallot**. Stir-fry until everything is browned, 4-5 mins. Use a spoon to break the **mince** 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.*

Stir in the **tomato puree** and **half the garlic** and cook for 1 min more.



Finish and Serve

When the **pie** has 5 mins baking time left, wipe out the (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**.

Once hot, add the **peas** and remaining **garlic** and stir-fry for 2-3 mins, then remove from the heat. Season with **salt** and **pepper**.

When everything is ready, share the **cottage pie** between your plates and serve with the **peas** alongside.

Enjoy!