



# Classic Beef Mince Cottage Pie with Cheese and Sauteed Peas

Family 30-35 Minutes • 1 of your 5 a day

2



Potatoes



Onion



Beef Mince



Garlic Clove



Tomato Puree



Italian Style Herbs



Red Wine Jus Paste



Mature Cheddar Cheese



Peas

**Pantry Items**  
Oil, Salt, Pepper

## 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, frying pan, garlic press, grater, colander, lid and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion**	1	1	2
Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Red Wine Jus Paste <b>10</b> <b>14</b>	22g	30g	44g
Mature Cheddar Cheese** <b>7</b>	30g	45g	60g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Water for the Sauce*	200ml	300ml	400ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2561 /612	496 /119
Fat (g)	26.0	5.0
Sat. Fat (g)	12.0	2.3
Carbohydrate (g)	59.3	12.0
Sugars (g)	14.0	3.0
Protein (g)	42.0	8.1
Salt (g)	1.93	0.37

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, 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

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### Cook the Potatoes

Bring a large saucepan of **water** with  $\frac{1}{2}$  **tsp salt** to the boil.

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

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



### Make the Mash

While the **mince** simmers, preheat your grill to high. Grate the **Cheddar**.

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**. Cover with a lid to keep warm.



### Brown the Mince

Meanwhile, halve, peel and chop the **onion** into small pieces. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **beef mince** and **onion**. Season with **salt** and **pepper**. Cook, stirring occasionally, until the **mince** has 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.

Meanwhile, peel and grate the **garlic** (or use a garlic press).



### Grill your Cottage Pie

Once the **mince mixture** is ready, taste and season with **salt** and **pepper** if needed, then transfer to an appropriately sized ovenproof dish.

Top with an even layer of **mash** and sprinkle over the **Cheddar**.

Grill until the **cheese** is bubbling and golden, 5-6 mins.



### Simmer and Stir

Once the **mince** has browned, drain and discard any excess fat. Stir in the **tomato puree**, **garlic** and **Italian style herbs**, then stir-fry for 1 min.

Stir in the **water for the sauce** (see pantry for amount) and **red wine jus paste**, then bring to the boil.

Lower the heat and simmer until thickened, 5-6 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



### Finish and Serve

Meanwhile, wipe out the **mince** frying pan and pop it back on medium-high heat with a drizzle of **oil**.

Once hot, add the **peas** and stir-fry for 2-3 mins, then remove from the heat.

When everything's ready, carefully remove the **cottage pie** from your grill and share between your plates. Serve with the **peas** alongside.

Enjoy!