



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



Mixed Herbs



Red Wine Jus Paste



Mature Cheddar Cheese



Peas



Mature Cheddar Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on dairy, then just follow the instructions on the back of this card.

Happy cooking!

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, potato masher, 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
Mixed Herbs	1 sachet	1 sachet	2 sachets
Red Wine Jus Paste 10) 14)	22g	30g	44g
Mature Cheddar Cheese** 7)	30g	40g	60g
Peas**	120g	180g	240g
Mature Cheddar Cheese** 7)	30g	40g	60g

Pantry	2P	3P	4P
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	521g	100g	536g	100g
Energy (kJ/kcal)	2565 /613	492 /118	2826 /675	527 /126
Fat (g)	26.0	5.0	31.2	5.8
Sat. Fat (g)	11.8	2.3	15.1	2.8
Carbohydrate (g)	59.6	11.4	59.7	11.1
Sugars (g)	13.3	2.6	13.4	2.5
Protein (g)	41.9	8.0	45.8	8.5
Salt (g)	1.95	0.37	2.24	0.42

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.

CUSTOM RECIPE

If you've chosen to double up on **Cheddar**, prepare and cook the recipe in the same way.



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 **mixed 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!