



Pork and Cheesy Mash Pie with Green Beans

3

Family Prep Time: 5-10 Minutes • Cook Time: 30-35 Minutes • 1 of your 5 a day



Potatoes



Garlic Clove



Carrot



Pork Mince



Tomato Puree



Red Wine Jus Paste



Italian Style Herbs



Mature Cheddar Cheese



Green Beans



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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, garlic press, frying pan, grater, colander and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Carrot**	1	2	2
Pork Mince**	240g	360g	480g
Tomato Puree	30g	60g	60g
Red Wine Jus Paste (10) 14)	22g	30g	44g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese** 7)	30g	40g	60g
Green Beans**	150g	200g	300g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
Energy (kJ/ kcal)	2677 /640	518 /124	2494 /596	478 /114
Fat (g)	32.7	6.3	26.8	5.14
Sat. Fat (g)	13.2	2.5	12.2	2.34
Carbohydrate (g)	54.1	10.5	53.8	10.3
Sugars (g)	11.9	2.3	11.6	2.2
Protein (g)	36.3	7.0	40.5	7.7
Salt (g)	1.93	0.37	2.00	0.38

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.

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Cook your Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.
Put a large saucepan of **water** with ¼ **tsp salt** on to boil.

Peel and chop the **potatoes** into 2cm chunks.

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

Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into 1cm pieces.



Assemble your Pie

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**.

Once the **mince filling** has thickened, spoon into an ovenproof dish and top with the **mash**. Spread out in an even layer, then sprinkle over the **cheese**.

Bake the **pie** on the middle shelf of your oven until golden, 15-20 mins.



Fry your Mince

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

Once hot, add the **pork mince** and **carrot**, then season with **salt** and **pepper**. 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. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Add the **garlic** and fry for 1 min more.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Bring on the Beans

While the **pie** cooks, wash out your **potato** pan, then fill it with **water** and bring to the boil on high heat. Trim the **green beans**.

When the **pie** has 5 mins of cooking time left, add the **beans** and ½ **tsp salt** to the **boiling water**. Simmer until tender, 4-6 mins, then drain in a colander and pop back into the pan.

Season with **salt** and **pepper**. Toss in **olive oil** if you'd like.



Simmer the Filling

Stir in the **sugar** and **water for the sauce** (see pantry for both amounts), **tomato puree**, **red wine jus paste** and **Italian style herbs**.

Bring to the boil, then reduce the heat to medium and simmer until thickened, 3-4 mins. Stir occasionally and reduce the heat if necessary. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

Meanwhile, grate the **cheese**.



Serve

When ready, spoon the **cheesy mash pie** onto your plates.

Serve with the **green beans** alongside.

Enjoy!