



SWEET POTATO COTTAGE PIE

with Roasted Broccoli



HELLO BROCCOLI

This vegetable is actually a flower head - each of those tiny little green dots is a bud!



Onion



Garlic Clove



Closed Cup Mushrooms



Broccoli



Sweet Potato



Potato



Beef Mince



Netherend Butter



Tomato Purée



Diced Tomatoes



Worcestershire Sauce



Beef Stock Pot



Cheddar Cheese

45 mins

5 of your 5 a day

Family Box

Mimi thinks her mum makes the absolute best cottage pie in the whole world. So it was with trepidation that she presented this recipe for motherly approval. The twist is using sweet potato in the mash which adds more fibre and vitamins, as well as flavour. Mrs Morley gave her seal of approval so we're sharing the recipe with you today. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater** (or **Garlic Press**), **Peeler, Frying Pan, Colander, Potato Masher, Ovenproof Dish, Coarse Grater** and a **Baking Tray**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 220°C and put a large saucepan of water with a pinch of **salt** on to boil for the **potatoes**. Halve, peel and chop the **onion** into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Chop the **mushrooms** into roughly 1cm pieces. Separate the **broccoli** into florets. Peel and chop both types of **potato** into roughly 2cm cubes.



2 MAKE THE FILLING

Heat a glug of **oil** in a frying pan on medium heat. Add the **onion** and cook until soft, 4 mins. Add the **garlic** and **mushrooms**. Cook for 3 mins more. Then add the **beef mince**. Season with a pinch of **salt** and a good grind of **black pepper**. Break it up with a wooden spoon and cook until browned, 4-5 mins.



3 MAKE THE MASH

Meanwhile, add both types of **potato** to the boiling water and cook for 15-20 mins. **★ TIP:** *The potatoes are cooked when you can easily slip a knife through.* Once cooked, drain in a colander. Put them back in the pan and add the **butter**. Add a splash of **milk** too (if you have some), along with a pinch of **salt** and some **black pepper**. Mash until smooth.



4 ASSEMBLE THE PIE

When the **beef** has browned, add the **tomato purée, diced tomatoes, Worcestershire sauce** and **beef stock pot**. Bring to the boil then reduce the heat and simmer until thickened, about 20 mins. Transfer to an ovenproof dish, spread the mash on top and grate over the **cheddar cheese**. Pop on the top shelf of your oven and bake until golden, 15-20 mins.



5 ROAST THE BROCCOLI

Put the **broccoli** on a baking tray and drizzle over some **oil**. Season with **salt** and **black pepper**. Once the cottage pie has been in your oven for 5 mins, put the **broccoli** on the middle shelf and roast until the edges are crispy and slightly charred, 10-15 mins.



6 SERVE AND ENJOY

There's time to put your feet up whilst the **pie** is in the oven. Once it's bubbling and golden brown, serve on plates with a portion of **roasted broccoli** on the side. **Tuck in!**

4 PEOPLE INGREDIENTS

Onion, chopped	1
Garlic Clove, grated	1
Closed Cup Mushrooms, chopped	1 punnet
Broccoli, florets	2
Sweet Potato, chopped	1
Potato, chopped	1 pack
Beef Mince	500g
Netherend Butter ⁷⁾	30g
Tomato Purée	30g
Diced Tomatoes	1 tin
Worcestershire Sauce	1 tbsp
Beef Stock Pot	1
Cheddar Cheese, grated ⁷⁾	60g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	641	78
(kJ)	2704	330
Fat (g)	20	2
Sat. Fat (g)	10	1
Carbohydrate (g)	74	9
Sugars (g)	22	3
Protein (g)	46	6
Salt (g)	3.46	0.42

ALLERGENS

⁷⁾Milk

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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