



Sweet Potato Cottage Pie with Mushrooms and Cheddar

Classic 40-45 Minutes • 3 of your 5 a day

9



Sweet Potato



Potatoes



Garlic Clove



Beef and Pork Mince



Sliced Mushrooms



Worcester Sauce



Sun-Dried Tomato Paste



Tomato Passata



Beef Stock Paste



Mature Cheddar Cheese



Mature Cheddar Cheese

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a 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, garlic press, frying pan, colander, lid, ovenproof dish and grater.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	1½	2
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Beef and Pork Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	160g
Worcester Sauce 13	7g	11g	15g
Sun-Dried Tomato Paste	25g	50g	50g
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7	30g	40g	60g
Mature Cheddar Cheese** 7	60g	80g	120g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	661g	100g	676g	100g
Energy (kJ/kcal)	3089 / 738	467 / 112	3350 / 801	495 / 118
Fat (g)	31.4	4.7	36.6	5.4
Sat. Fat (g)	10.3	1.6	13.6	2.0
Carbohydrate (g)	79.1	12.0	79.1	11.7
Sugars (g)	18.3	2.8	18.3	2.7
Protein (g)	37.3	5.6	41.1	6.1
Salt (g)	2.78	0.42	3.07	0.45

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten

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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1 Prep the Potatoes

Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **potatoes**.

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

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



2 Fry the Mince and Veg

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef and pork mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Add the **garlic** and **mushrooms** to the pan, then cook, stirring occasionally, until browned, 4-5 mins more. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



3 Make the Mash

Meanwhile, add both **chopped potatoes** to your pan of **boiling 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.



4 Simmer the Filling

Once the **mushrooms** have browned, add the **Worcester sauce** to the pan and bubble away until evaporated, 30 secs.

Stir in the **sun-dried tomato paste**, **tomato passata**, **beef stock paste** and **water for the sauce** (see pantry for amount).

Bring to the boil, then reduce the heat and simmer until thickened, 15-20 mins.



5 Assemble your Pie

Preheat your grill to medium-high.

Transfer the **mince filling** to an ovenproof dish and top with an even layer of **mash**.

Grate the **Cheddar cheese** over the top, then grill until golden and bubbling, 10-15 mins.

CUSTOM RECIPE

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



6 Serve

Once your **cottage pie** is ready, allow to stand for 2 mins before serving on plates.

Enjoy!