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## Hearty Shepherd's Pie with a Golden Sweet Potato Top

Please, we're asking nicely: don't substitute lamb mince for beef in a shepherd's pie! It's named after sheep shepherd for a reason. If you must experiment, do as we have here and get some creamy sweet potato topping on that bad boy - the flavour combination will blow your mind! All that's left to do then is sneak in some green veg to this warming package and ta-da! Dinner is served.



**Prep:** 15 mins

**Cook:** 40 mins

**Total:** 55 mins



level 1



nut free



helping hands

### Pantry Items



Butter



Olive Oil



Plain Flour



Water



Worcestershire Sauce



Sweet Potato



Brown Onion



Lamb Mince



Garlic



Beef Stock



Tomato Paste



Carrot



Green Beans



Baby Spinach

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## QTY

## Ingredients

1 kg	sweet potato, peeled & cut into 2 cm chunks	
2 tsp	butter *	
1 tbs	olive oil *	
1	brown onion, diced	
500 g	lamb mince	
1 clove	garlic, peeled & crushed	⊕
1 tbs	plain flour *	
1 cube	beef stock	
¼ cup	hot water *	
1 tbs	Worcestershire sauce *	
1 tub	tomato paste	
1	carrot, peeled & grated	
⅓ bag	green beans, ends trimmed & chopped into 2 cm lengths	⊕
½ bag	baby spinach, washed	⊕

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

## Nutrition per serve

Energy	1940	Kj
Protein	33.4	g
Fat, total	14.3	g
-saturated	5.4	g
Carbohydrate	45.5	g
-sugars	20.8	g
Sodium	341	mg



**You will need:** *chef's knife, chopping board, garlic crusher, vegetable peeler, box grater, large pot, potato masher, large frying pan, cup, spoon and a baking dish.*

**1** Preheat the grill to 200°C/180°C fan-forced. Bring a large pot of salted water to the boil.

**2** Place the **sweet potato** in the boiling water. Cook for **10-15 minutes** or until soft when pierced with a knife. Drain the sweet potato and return to the pot. Add the **butter** and season to taste with **salt** and **pepper**. Using a potato masher, mash until smooth. Set aside.

**3** Meanwhile heat the **olive oil** in a large frying pan over a medium-high heat. Add the **brown onion** and cook for **5-6 minutes** or until softened. Add the **lamb mince** and **garlic** to the pan, stirring regularly to break up any lumps, and cook for **4-5 minutes** or until the mince has browned. Add in the **plain flour**, stir for **1-2 minutes**.

**4** Combine the **beef stock cube** and **hot water** in a jug or cup and then add to the beef mixture with the **Worcestershire sauce** and **tomato paste**. Bring the mixture to the boil and then immediately reduce to a simmer. Cook for a further **5 minutes**, stirring occasionally, until the mixture thickens. Stir through the **grated carrot** and **green beans** and continue cooking for **5 minutes** or until the vegetables have softened and the liquid has reduced. Season to taste with salt and pepper. Stir the **baby spinach** through the mince mixture and then pour it into the baking dish then spoon the sweet potato mash over the top. Place the baking dish under the grill and cook for **10-15 minutes** or until the sweet potato browns slightly.

**6** To serve, divide the sweet potato shepherd's pie between plates.

**Did you know?** In Spain, Worcestershire sauce is referred to as *salsa inglesa* meaning English sauce.