



Beef Mince, Bean and Red Wine Hotpot with Cheddar Cheese and Broccoli

25

Calorie Smart 35-40 Minutes • 5 of your 5 a day • Under 650 Calories



Baking Potato



Garlic Clove



Echalion Shallot



Beef Mince



Mixed Beans



Tomato Passata



Sun-Dried
Tomato Paste



Red Wine
Stock Paste



Mature Cheddar
Cheese



Broccoli

Pantry Items

Oil, Salt, Pepper, Sugar

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, colander, frying pan, sieve,
grater, ovenproof dish and kettle.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	2	2
Garlic Clove**	1	1	2
Echalion Shallot**	1	1	2
Beef Mince**	120g	180g	240g
Mixed Beans	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	25g	37g	50g
Red Wine Stock Paste 14	28g	42g	56g
Mature Cheddar Cheese** 7	40g	70g	90g
Broccoli**	1	1	1

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	709g	100g
Energy (kJ/kcal)	2516 /601	355 /85
Fat (g)	20.9	2.9
Sat. Fat (g)	9.4	1.3
Carbohydrate (g)	65.3	9.2
Sugars (g)	19.3	2.7
Protein (g)	38.5	5.4
Salt (g)	3.64	0.51

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

Allergens

7) Milk 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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Get Prepped

Bring a large saucepan of **water** to the boil with **½ tsp salt**.

Slice the **potatoes** into 1cm thick rounds (no need to peel). Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **shallot** into small pieces.

Once boiling, add the **potato slices** to the **water** and simmer until you can easily slip a knife through, 8-12 mins. Drain in a colander.



Bring on the Hotpot

While the **beef** simmers, grate the **Cheddar**. Cut the **broccoli** into florets (like small trees), halving any large ones.

Once the **beef mixture** has thickened, taste and season with **salt** and **pepper** if needed. Spoon it into an appropriately sized ovenproof dish, then layer the **cooked potato slices** over the top.

Sprinkle over the **cheese**, then grill until golden and bubbling, 5-6 mins.

Meanwhile, boil a full kettle.



Fry the Mince

Meanwhile, preheat your grill to high.

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

Once hot, add the **beef mince** and **shallot**. Fry until the **mince** is browned and the **shallot** is softened, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*

Meanwhile, drain and rinse the **mixed beans** in a sieve.



Broccoli Time

While the kettle boils, wipe out the **potato** saucepan. Pour the **boiled water** into the saucepan with **¼ tsp salt** on high heat.

When the **water** is boiling, add the **broccoli** and cook until just tender, 3-5 mins.

Once cooked, drain in a colander, then return to the pan. Drizzle with a little **oil** and season with **salt** and **pepper**.



Add the Flavour

Once the **mince** is browned, drain and discard any excess fat. Add the **garlic** and fry until fragrant, 30 secs.

Stir in the **passata**, **mixed beans**, **sun-dried tomato paste**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Roughly crush **half** the **beans** in the pan with the back of a fork or potato masher.

Bring to the boil, then reduce the heat and simmer, stirring occasionally, until thickened, 5-6 mins.



Serve Up

When your **hotpot** is ready, allow to stand for 2 mins, then serve with the **broccoli** alongside.

Enjoy!