



Colcannon Cottage Pie

with Cavolo Nero Mash

CLASSIC 45 Minutes • 1.5 of your 5 a day

Nº 2



Potato



Cavolo Nero



Beef Mince



Carrot



Onion



Garlic Clove



Spring Onion



Cheddar Cheese



Red Wine Jus Paste

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Large Frying Pan, Fine Grater (or Garlic Press), Coarse Grater, Measuring Jug, Colander, Potato Masher and Ovenproof Dish.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Cavolo Nero**	1 small pack	1 medium pack	1 large pack
Beef Mince**	240g	360g	480g
Carrot**	1	2	2
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Spring Onion**	1	2	2
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Water for the Sauce*	200ml	300ml	400ml
Red Wine Jus Paste 10) 14)	1 pot	1½ pots	2 pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	678g	100g
Energy (kJ/kcal)	2755 /659	407 /97
Fat (g)	32	5
Sat. Fat (g)	15	2
Carbohydrate (g)	56	8
Sugars (g)	11	2
Protein (g)	41	6
Salt (g)	2.20	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps



HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

You can recycle me!



1. Get Started

Preheat your oven to 200°C. Put a large saucepan of **water** on to boil. Chop the **potatoes** (no need to peel) into 2cm chunks. Once the **water** is boiling, add ½ tsp of **salt** and the **potatoes**. Cook for for 7-8 mins, then add the **cavolo nero** to the pan. Cook for a further 5-8 mins until the **potatoes** and **cavolo nero** are tender. **TIP: The potatoes are cooked through when you can easily slip a knife through.**



4. Make The Colcannon

When cooked, drain the **potatoes** and **cavolo nero** in a colander. Return to the pan and mash with a potato masher until smooth. Stir through the **spring onion** and **half** of the **cheddar** and season to taste with **salt** and **pepper**. **TIP: Add some milk and butter if you have any.**



2. Prep

Heat a drizzle of **oil** in a large frying pan on a medium heat. When hot, add the **beef mince** and cook until browned, 4-5 mins. Break the **mince** up with a spoon as it cooks. Meanwhile, trim the **carrot** and quarter lengthways (no need to peel). Chop widthways into small pieces. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **spring onions** then slice thinly. Grate the **cheddar**.



5. Assembly

Transfer the **beef mix** to an ovenproof dish (we used a 20x20cm dish for 2). Top evenly with the **colcannon** and sprinkle over the remaining **cheddar**. Bake on the top shelf of your oven until the **cheese** has melted and starting to brown, 15-20 minutes.



3. Start the Pie

Once the mince is browned, add the **onion** and **carrot** and cook until softened, 4-5 mins. **IMPORTANT: The mince is cooked when it is no longer pink in the middle.** Next stir in the **garlic** and cook for a further minute. Add the **water** (see ingredients for amount) and **red wine jus paste**. Bring to the boil and reduce the heat to simmer until you have a glossy sauce, 5 mins. Season to taste with **salt** and **pepper**.



6. Time to Serve

Once the **pie** is bubbling hot and the **cheese** melted, carefully remove from the oven and share between your plates.

Enjoy!