



Colcannon Cottage Pie with Cheddar and Kale

Family 40-45 Minutes • 1 of your 5 a day

8



Potatoes



Chopped Kale



Beef Mince



Carrot



Red Onion



Garlic Clove



Spring Onion



Mature Cheddar
Cheese



Red Wine Jus
Paste

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, frying pan, garlic press, grater, colander, potato masher and ovenproof dish.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Chopped Kale**	100g	100g	200g
Beef Mince**	240g	360g	480g
Carrot**	1	2	2
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Spring Onion**	1	2	2
Mature Cheddar Cheese** 7)	60g	90g	120g
Water for the Sauce*	200ml	300ml	400ml
Red Wine Jus Paste 10) 14)	22g	30g	44g

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2694 /644	490 /117
Fat (g)	31	6
Sat. Fat (g)	15	3
Carbohydrate (g)	53	10
Sugars (g)	9	2
Protein (g)	40	7
Salt (g)	1.84	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 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.

Contact

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Get Prepped

Preheat your oven to 200°C. Put a large saucepan of **water** on to boil with ½ **tsp salt**. Chop the **potatoes** into 2cm chunks (peel first if you prefer). Once boiling, add the **potatoes** to the **water** and cook for 7-8 mins, then add the **kale** to the pan. Submerge the **kale** in the **boiling water** and cover with a lid. Cook until tender, 6-8 mins. **TIP: The potatoes are cooked when you can easily slip a knife through.**



Make the Colcannon

When the **potatoes** and **kale** are cooked, drain them in a colander. Return to the pan with a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Stir through the **spring onion** and **half the Cheddar**, then season to taste with **salt** and **pepper**.



Cook the Beef

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **beef mince**, season with **salt** and **pepper**, and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT: Wash your hands and equipment after handling raw mince.** While the **beef** cooks, trim the **carrot** and quarter lengthways (no need to peel). Chop widthways into small pieces. Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**. Grate the **Cheddar**.



Assemble the Pie

Transfer the **beef mixture** to an appropriately sized ovenproof dish. Top with an even layer of **colcannon** and sprinkle over the remaining **cheese**. Bake on the top shelf until the **cheese** is melted and bubbling, 15-20 mins.



Add the Veg

Once the **mince** is browned, drain and discard any excess fat. Add the **onion** and **carrot** to the **mince**, then cook until softened, 4-5 mins. Stir in the **garlic** and cook for 1 min more. Stir in the **water for the sauce** (see ingredients for amount) and **red wine jus paste**, then bring to the boil. Lower the heat and simmer until the **sauce** is glossy and thickened, 5-6 mins. **IMPORTANT: The mince is cooked when no longer pink in the middle.** Season to taste with **salt** and **pepper**.



Serve

When ready, carefully remove the **colcannon cottage pie** from the oven and share between your plates.

Enjoy!