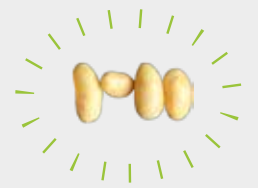




HEARTY BEEF COTTAGE PIE

with Garlic Mash



Jazz up traditional potato mash



Potatoes



Garlic



Brown Onion



Carrots



Zucchini



Celery



Rosemary



Thyme



Diced Beef



Dijon Mustard



Beef Stock

Pantry Staples



Butter



Milk



Olive Oil



Plain Flour



Worcestershire Sauce (Optional)



Warm Water (Optional)

Hands-on: **30 mins**
Ready in: **45 mins**

Our favourite way to enjoy this hearty beef cottage pie is in individual ramekins, perfect for tucking in at the table or on the couch (#no judgement). It's aromatic and moreish, just the way a good pie should be.

BEFORE YOU START

You will need: **kettle, chef's knife, chopping board, garlic crusher, medium saucepan, colander, potato masher** or fork, **vegetable peeler, medium frying pan, wooden spoon** and **small pie dish** or **individual ramekins**. Let's start cooking the **Hearty Beef Cottage Pie with Garlic Mash**



1 GET PREPPED

Boil a full kettle of water. Peel the **potato** and chop into 2 cm cubes. Peel and crush the **garlic**.



2 PREPARE THE GARLIC MASH

Place the **potato** and boiling water from the kettle in a medium saucepan over a high heat. Boil for **10-15 minutes**, or until the potato is soft when pierced with a knife. Drain and set aside in a colander to allow the excess moisture to evaporate. Return the saucepan to a low heat and add the **garlic, butter** and **milk**. Cook for **1-2 minutes**, or until fragrant. Turn off the heat. Return the potato to the saucepan and mash using a potato masher or fork. Season to taste with **salt** and **pepper**. Cover to keep warm.



3 COOK THE VEGETABLES

Meanwhile, finely chop the **brown onion**, peel and dice the **carrots**, dice the **zucchini** and **celery** and pick and finely chop the **rosemary** and **thyme** leaves. Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the brown onion, carrot, zucchini and celery and cook for **5-6 minutes**, or until softened. Add the rosemary and thyme and cook for a further **1-2 minutes**, or until fragrant.



4 ADD THE BEEF

Add the **diced beef** and **plain flour** and cook for **2 minutes**, or until browned. Add the **Dijon mustard, Worcestershire sauce** (if using), **warm water** and crumble in the **beef stock** cube. Stir to combine. Reduce the heat to low and simmer for **10 minutes** to develop the flavours.



5 COOK THE PIE

Preheat the grill to high. Spoon the **beef** mixture into a small pie dish or individual ramekins. Top with the **garlic mash**. Place the pie under the grill and cook for **7-8 minutes**, or until golden on top.



6 SERVE UP

Remove the hearty beef cottage pie with garlic mash from the grill and divide between plates.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
potatoes	400 g	800 g
garlic	1 clove	2 cloves
butter*	2 tbs	4 tbs
milk*	3 tbs	6 tbs
brown onion	½	1
carrots	2	4
zucchini	1	2
celery	2 stalks	4 stalks
rosemary	1 bunch	2 bunches
thyme	1 bunch	2 bunches
olive oil*	1 tbs	2 tbs
diced beef	1 packet	2 packets
plain flour*	1 tbs	2 tbs
Dijon mustard	½ tub (2 tsp)	1 tub (1 tbs)
Worcestershire sauce* (optional)	1 tbs	2 tbs
warm water*	½ cup	1 cup
beef stock	1 cube	2 cubes

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2630kJ (628Cal)	344kJ (82Cal)
Protein (g)	43.0g	5.6g
Fat, total (g)	27.3g	3.6g
- saturated (g)	12.1g	1.6g
Carbohydrate (g)	47.8g	6.3g
- sugars (g)	14.9g	2.0g
Sodium (g)	745mg	98mg

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