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Middle Eastern Cottage Pie with Pumpkin & Carrot Mash

This cottage pie with a Middle Eastern twist is a colourful slice of bright orange mash and even brighter flavours. The addition of eggplant adds a rich, moist profile to this sumptuous filling.



Prep: 15 mins

Cook: 40 mins

Total: 55 mins



level 1



gluten
free

Pantry Items



Butter



Olive Oil



Pumpkin



Carrot



Garlic



Brown Onion



Beef Mince



Eggplant



Baby Spinach
Leaves



Moroccan Spice
Mix

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QTY	Ingredients	
1 portion	pumpkin, skin removed & chopped into 3 cm chunks	
2	carrots, peeled & chopped into 3 cm chunks	
1 tbs	butter *	
1 tbs	olive oil *	
2 cloves	garlic, peeled & crushed	⊕
½	brown onion, finely chopped	⊕
1 packet	beef mince	
1	eggplant, cut into 1 cm cubes	🌿
1 bag	baby spinach leaves, washed	
1 sachet	Moroccan spice mix	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1400	Kj
Protein	30	g
Fat, total	16.3	g
-saturated	6.5	g
Carbohydrate	14.1	g
-sugars	11	g
Sodium	257	mg



You will need: You will need: chef's knife, chopping board, garlic crusher, box grater, vegetable peeler, colander, large saucepan, potato masher or fork, large frying pan with a lid, wooden spoon and medium oven-proof dish.

1 Preheat the oven to 220°C/200°C fan-forced. Bring a large saucepan of water to the boil.



2 Place the **pumpkin** and **carrot** in the saucepan. Boil for **15 minutes**, or until soft when pierced with a knife. Drain and return to the saucepan. Add the **butter** and season with **salt** and **pepper**. Mash with a potato masher or fork until smooth. Set aside, covered.



3 Meanwhile, heat the **olive oil** in a large frying pan over a medium-high heat. Add the **garlic** and **brown onion** and cook for **3-4 minutes**, or until soft and tender. Add the **beef mince** and cook, breaking apart with a wooden spoon, for **5-6 minutes**, or until browned and slightly crispy. Stir in the **eggplant**, half the **baby spinach leaves** and the **Moroccan spice mix** for **2-3 minutes**. Cover with a lid and continue cooking for a further **7-8 minutes**, or until the eggplant has softened. Season with salt and pepper and remove from the heat.



4 Transfer the beef mince mixture into a medium oven-proof dish and spread the mash over the top. Season with salt and pepper. Bake in the oven for **15 minutes**, until the mash is slightly crispy.

5 To serve, divide the Middle Eastern style cottage pie between plates with the remaining baby spinach, dressed with olive oil. Enjoy!

Did you know? Garlic is native to central Asia.