



PORK SHEPHERD'S PIE

with Mangetout and Peas



HELLO PEAS

Peas found by archaeologists on the Thai-Burmese border have been carbon dated to 9,750 BC!



White Potato



Pork Mince



Finely Chopped Tomatoes with Garlic & Onion



Water



Tomato Ketchup



Chicken Stock Pot



Italian Herbs



Netherend Butter



Hard Italian Cheese



Mangetout



Peas

45 mins

eat within 2 days

4 of your 5 a day

Family Box

We think that if you can cook a delicious meal without creating mountains of washing up, then you're on to a winner. This recipe is just that. We've given this family favourite a HelloFresh twist by using pork mince instead of beef, and boy is it good. Seasoned with Italian herbs and topped with creamy mash and hard Italian cheese, this recipe is bound to be a hit with the whole family (especially with the washer-uppers!).

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans**, a **Peeler**, **Frying Pan**, **Measuring Jug**, **Colander**, **Potato Masher** and **Ovenproof Dish**. Now, let's get cooking!



1 COOK THE POTATO

Preheat your oven to 220°C and put a large saucepan of water with a pinch of **salt** on to boil. Peel and chop the **potato** into 2cm chunks. Pop them into your pan of boiling water and simmer until cooked, 15-20 mins.

★ **TIP:** The potato is cooked when you can easily slip a knife through.



2 FRY THE PORK

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **pork mince** with a pinch of **salt** and **black pepper**. Fry until browned, about 5 mins. Use a wooden spoon to break it up as it cooks. Once browned, pour in the **finely chopped tomatoes with onion and garlic**, **water** (amount specified in the ingredient list), **tomato ketchup** and **chicken stock pot**. Stir well to dissolve the **stock pot**.



3 SIMMER THE MIXTURE

If you think your kids will like the **herby seasoning**, add the **Italian herbs** in now (just leave them out if not). Bring to the boil, then reduce the heat to medium and simmer until the **mixture** has reduced by half and is thick and tomatoey, 12-15 mins. Stir occasionally, reducing the heat if necessary.



4 ASSEMBLE THE PIE

Once the **potato** is cooked, drain in a colander and return to your pan off the heat. Add the **butter**, a pinch of **salt** and **black pepper**. Mash with a potato masher (or fork) until smooth. Once the **pork mixture** is thickened, pour it into an ovenproof dish and top with dollops of **mashed potato**. Spread out the **potato** so it covers the whole top, then sprinkle over the hard **Italian cheese**. Bake in your oven until golden, 15-20 mins.



5 COOK THE VEGGIES

While the pie cooks, put another large saucepan of water with a pinch of **salt** on to boil and then finish your washing up (or have a sit down!). 5 mins before the pie is ready, add the **mangetout** and **peas** to your pan of boiling water and simmer until cooked, 5 mins. When ready, drain the **veggies** in your colander.



6 SERVE!

Spoon the **pie** into bowls with the **mangetout** and **peas** alongside. **Enjoy!**

4 PEOPLE INGREDIENTS

White Potato, chopped	2 packs
Pork Mince	600g
Finely Chopped Tomatoes with Garlic & Onion	1 carton
Water*	100ml
Tomato Ketchup	2 tbsp
Chicken Stock Pot	1
Italian Herbs	2½ tsp
Netherend Butter 7)	60g
Hard Italian Cheese 7)	40g
Mangetout	2 packs
Peas	1 pack

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	858	112
(kJ)	3598	470
Fat (g)	41	5
Sat. Fat (g)	16	2
Carbohydrate (g)	75	10
Sugars (g)	23	3
Protein (g)	48	6
Salt (g)	5.23	0.68

ALLERGENS

7)Milk

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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

