



SHEPHERD'S PIE

with Broccoli



HELLO SHEPHERDS PIE

We all get mixed up with shepherds and cottage pie- the difference is simply that shepherds has lamb mince in whereas cottage has beef.



Potato



Lamb Mince



Carrot



Worcester Sauce



Tomato Purée



Finely Chopped Tomatoes with Garlic & Onion



Beef Stock Powder



Cheddar Cheese



Broccoli



Flat Leaf Parsley



Fresh Chilli Jam

MEAL BAG
12

Hands on: **30** mins
Total: **45** mins

2.5 of your
5 a day

Family Box

Chef Lizzie's Shepherd's Pie is a classic dish for a cosy night in. We've used lean minced lamb and packed in the flavour with a rich tomato sauce. Top with a cheesy golden mash and served with broccoli two ways (you decide whether or not you want a kick of chilli!). You can't go wrong.

BEFORE YOU START

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



1 COOK THE POTATO

Preheat your oven to 200°C. Put a large saucepan of water with a pinch of salt on to boil. Chop the **potato** into 2cm chunks (peel first if you prefer a smooth mash!). Add the to the pan of boiling water and cook, 15-20 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* Drain in a colander then return to the pan, off the heat.



4 ASSEMBLE THE PIE

Grate the **cheese**. When the **potato** is cooked, mash until smooth with a potato masher, add a knob of **butter** (if you have some). Season well with **salt** and **pepper**. To assemble the pie, pour the **beef mixture** into an ovenproof dish then spread the **mashed potato** on top. Sprinkle over the **cheese** then bake on the top shelf of your oven until golden and bubbly, 12-15 mins. Meanwhile, rinse out the potato pan, refill with **water** and bring to the boil.

BEFORE YOU EAT

This looks so tasty and you made it! Before the whole family tucks in, take a moment to admire this awesome feast. Now enjoy!



2 FRY THE LAMB

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **lamb mince**, breaking it up with a wooden spoon, and cook, stirring occasionally, until browned all over, 3-5 mins. Meanwhile, trim the **carrot** and grate on a coarse grater (no need to peel).



5 FINISH UP

While the pie bakes, chop the **broccoli** into **florets** (little trees). Add to the pan of boiling **water**. Cook for 6-8 mins. Drain in the colander. Meanwhile, roughly chop the **parsley** (stalks and all) and mix in a small bowl with the **fresh chilli jam**.



3 SIMMER THE SAUCE

Stir the **grated carrot** into the **lamb mince**, then add the **Worcester sauce** and **tomato purée**. Cook, stirring, for 1-2 mins before pouring in the **chopped tomatoes, stock powder** and **water** (see ingredients for amount). Bring to the boil, stirring to dissolve the **stock powder**, then reduce the heat and simmer until thick and tomatoey, 10-15 mins.



6 SERVE

Serve the kids a portion of **shepherd's pie** with some plain **broccoli** alongside. **✦ TWIST IT UP:** Stir the **chilli dressing** through the remaining **broccoli** before serving alongside the **pie** for the adults. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Lamb Mince	250g	375g	500g
Carrot	1	1	2
Worcester Sauce	½ sachet	¾ sachet	1 sachet
Tomato Purée	½ sachet	¾ sachet	1 sachet
Finely Chopped Tomatoes with Garlic & Onion	½ carton	¾ carton	1 carton
Beef Stock Powder	½ pot	1 pot	1 pot
Water*	50ml	75ml	100ml
Cheddar Cheese 7)	1 block	1 block	1 block
Broccoli	1	1	2
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Fresh Chilli Jam	1 pot	1 pot	1 pot

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 724G	PER 100G
Energy (kcal)	665	92
(kJ)	2782	384
Fat (g)	25	3
Sat. Fat (g)	10	1
Carbohydrate (g)	70	10
Sugars (g)	23	3
Protein (g)	39	5
Salt (g)	2.28	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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

👍 THUMBS UP OR THUMBS DOWN?

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