



Sweet Potato-Topped Cottage Pie

with Roasted Broccoli Trees

N° 10

FAMILY Hands on Time: 25 Minutes • Total Time: 45 Minutes • 2.5 of your 5 a day



Closed Cup Mushrooms



Sweet Potato



Potato



Beef Mince



Worcester Sauce



Tomato Purée



Finely Chopped Tomatoes with Onion and Garlic



Beef Stock Powder



Cheddar Cheese



Broccoli Florets

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Large Saucepan, Large Frying Pan, Colander, Measuring Jug, Ovenproof Dish and Baking Tray.

Ingredients

	2P	3P	4P
Closed Cup Mushrooms**	1 small punnet	1 large punnet	1 large punnet
Sweet Potato**	1	1	1
Potato**	1 pack	1 pack	1 pack
Beef Mince**	240g	360g	480g
Worcester Sauce	½ sachet	¾ sachet	1 sachet
Tomato Purée	½ sachet	¾ sachet	1 sachet
Finely Chopped Tomatoes with Onion and Garlic	½ carton	¾ carton	1 carton
Water*	50ml	75ml	100ml
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Broccoli Florets**	1 small pack	1 medium pack	1 large pack

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	778g	100g
Energy (kJ/kcal)	2964 /709	381 /91
Fat (g)	27	3
Sat. Fat (g)	12	2
Carbohydrate (g)	77	10
Sugars (g)	17	2
Protein (g)	41	5
Salt (g)	2.34	0.30

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.

Contact

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Packed in the UK



1. Prep the Veggies

Preheat your oven to 220°C and put a large saucepan of **water** with a pinch of **salt** on to boil for the **potatoes**. Chop the **mushrooms** into roughly 1cm pieces. Chop both types of **potato** into roughly 2cm cubes (no need to peel).



4. Assemble the Pie

When the **beef** has browned, add the **Worcester sauce** and bubble away for a minute or two. Add the **tomato purée**, **chopped tomatoes**, **water** (see ingredients for amount) and **beef stock**. Bring to the boil, then reduce the heat and simmer until thickened, about 15-20 mins. Transfer to an ovenproof dish, spread the **mash** on top and grate over the **cheddar cheese**. Pop on the top shelf of your oven and bake until golden, 15-20 mins.

IMPORTANT: The mince is cooked when it is no longer pink in the middle.



2. Brown the Beef

Heat a splash of **oil** in a large frying pan on medium-high heat. Add the **mushrooms** and cook until browned, 4-5 mins more. Then add the **beef mince** and season with a pinch of **salt** and **pepper**. Break it up with a wooden spoon and cook until browned, 4-5 mins, stirring occasionally.



5. Roast the Broccoli

Put the **broccoli** on a lined baking tray and drizzle over some **oil**. Season with **salt** and **pepper**. Once the **cottage pie** has been in your oven for 5 mins, put the **broccoli** on the middle shelf of your oven and roast until the edges are crispy and slightly charred, 10-15 mins.



3. Make the Mash

Meanwhile, add both types of **potato** to your pan of **boiling water** and cook for 15-20 mins. **TIP:** The potato is cooked when you can easily slip a knife through. Once cooked, drain in a colander and return to the pan. Add a large knob of **butter** and a splash of **milk** too (if you have some), along with a pinch of **salt** and some **pepper**. Mash until smooth.



6. Serve

There's time to put your feet up while the **pie** is in the oven. Once it's bubbling and golden brown on top, serve the **sweet potato cottage pie** on plates with a portion of **roasted broccoli** on the side.

Tuck in!