



Veggie Shepherd's Pie

with Chickpeas, Mushrooms and Cheesy Top

CLASSIC 40 Minutes • 2.5 of your 5 a day • Veggie

N° 7



Potato



Red Onion



Chestnut Mushrooms



Carrot



Chickpeas



Mature Cheddar Cheese



Finely Chopped Tomatoes with Basil



Dried Oregano



Tomato Paste



Red Wine Stock Pot



Italian Style Grated Hard Cheese

Before you start

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

Basic cooking tools you will need:

Two Large Saucepans (one with a Lid), Coarse Grater, Sieve, Colander, Potato Masher and Ovenproof Dish.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	1	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Carrot**	1	1	2
Chickpeas	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese 7)**	1 block	1½ blocks	2 blocks
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Water for the Filling*	150ml	225ml	300ml
Dried Oregano	1 small pot	¾ large pot	1 large pot
Tomato Paste	1 pot	1½ pots	2 pots
Red Wine Stock Pot 14)	½ pot	¾ pot	1 pot
Italian Style Grated Hard Cheese 7)	1 pack	1½ packs	2 packs
8)**			

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	788g	100g
Energy (kJ/kcal)	2450 /586	311 /74
Fat (g)	17	2
Sat. Fat (g)	8	1
Carbohydrate (g)	78	10
Sugars (g)	21	3
Protein (g)	26	3
Salt (g)	4.06	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 14) Sulphites

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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1. Boil the Potato

Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the **potatoes**. Chop the **potato** into 2cm chunks (no need to peel!). When boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



4. Simmer

Pour in the **finely chopped tomatoes**, **water** (see ingredients for amounts), the **dried oregano** and **sun-dried tomato paste**. Add the **red wine stock pot** and stir well to make sure it's dissolved. Stir in the **grated carrot** and the **chickpeas** then lower the heat until the **mixture** is simmering and cook with the lid off until the **sauce** is thick and tomatoey, 10-12 mins.



2. Prep the Veggies

Meanwhile, halve, peel and thinly slice the **onion**. Thinly slice the **chestnut mushrooms**. Trim the **carrot** then grate on the coarse side of your grater (no need to peel).



5. Mash the Topping

When the **potato** is ready, drain in a colander and return to the pan off the heat. Add a knob of **butter** (if you have any) and the **hard Italian cheese** and mash until smooth. Season with **salt** and **pepper**. Preheat your grill to its highest setting.



3. Start the Filling

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **onion** and **mushrooms**. Season with **salt** and **pepper**. Cook, stirring occasionally until soft and starting to brown, 7-8 mins. While the veggies cook, drain and rinse the **chickpeas** in a sieve. Grate the **cheddar cheese**.



6. Finish and Enjoy!

Spoon the **veggie mixture** into an ovenproof dish and top with the **mash**. Smooth the **mash** over with a spoon, then sprinkle on the **cheddar cheese**. Pop under your grill until the **cheese** is golden and bubbling, 2-3 mins.

Serve and Enjoy!