



# Beef & Rosemary Cottage Pie

with Cheesy Mash Topping & Garlicky Green Beans

Grab your Meal Kit with this symbol



Potato



Brown Onion



Carrot



Rosemary



Thyme



Garlic



Baby Spinach Leaves



Beef Mince



Tomato Paste



Beef Stock



Shredded Cheddar Cheese



Green Beans

Hands-on: 35-45 mins  
Ready in: 40-50 mins

Sometimes only a pie will do. Satisfy that craving for something warm and comforting with this rich, cheesy mash-topped number. It's just like Nanna used to make (but better!).

### Pantry items

Olive Oil, Butter, Milk

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbsp	½ cup
salt*	¼ tsp	½ tsp
brown onion	½	1
carrot	1	2
rosemary	½ bunch	1 bunch
thyme	1 bunch	1 bunch
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (60g)	1 bag (120g)
beef mince	1 small packet	1 medium packet
tomato paste	1 sachet	2 sachets
water*	2 tbsp	½ cup
beef stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
green beans	1 bag (100g)	1 bag (200g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2890kJ (690Cal)	465kJ (111Cal)
Protein (g)	43.9g	7.1g
Fat, total (g)	36.9g	5.9g
- saturated (g)	21.3g	3.4g
Carbohydrate (g)	41g	6.6g
- sugars (g)	14.3g	2.3g
Sodium (mg)	1238mg	199mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Mash the potato

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add the **potato** to the saucepan of boiling **water** and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt** and mash with a potato masher or fork until smooth.



## Grill the pie

Preheat the grill to medium-high. Transfer the **mince mixture** to a baking dish and spread the **mashed potato** over the top. Sprinkle with the **shredded Cheddar cheese**. Grill until the **cheese** is melted and golden, **5-10 minutes**.

**TIP:** Grills cook fast, so keep an eye on the pie!



## Get prepped

While the potato is cooking, finely chop the **brown onion** (see ingredients). Finely chop the **carrot** (unpeeled), or grate if you prefer. Pick and finely chop the **rosemary** leaves (see ingredients). Pick and chop the **thyme** leaves. Finely chop the **garlic**. Roughly chop the **baby spinach leaves**.

**TIP:** If the thyme stems are very soft, you can chop them too!



## Cook the beans

While the pie is grilling, trim the **green beans**. Wash and dry the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Cook the **beans**, tossing, until tender, **3-4 minutes**. Add the **reserved garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**.



## Cook the filling

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **onion** and **carrot** and cook, stirring, until softened, **6-7 minutes**. Add the **garlic** (reserve a pinch for the beans), **rosemary** and **thyme** and cook, stirring, until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**. Reduce the heat to medium and add the **tomato paste**, **water** and crumbled **beef stock** (1 cube for 2 people / 2 cubes for 4 people). Stir to combine. Add the chopped **baby spinach** and stir through until just wilted, **1-2 minutes**.

**TIP:** Add a dash of water if the mixture looks dry!



## Serve up

Divide the beef and rosemary cottage pie and garlicky green beans between plates.

## Enjoy!