



Beef & Spinach Cottage Pie

with Cheddar Mash



Potato



Brown Onion



Garlic



Celery



Carrot



Shredded Cheddar Cheese



Beef Mince



Tomato Paste



Beef Stock Pot



Baby Spinach Leaves

 Hands-on: **25-35 mins**
Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

This cosy dinner is made to please, with a veggie-loaded beef base and creamy Cheddar mash topping. Give the dish a final touch by placing it under the grill until toasty brown and perfectly delicious!

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 with a lid · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
carrot	1	2
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
shredded Cheddar cheese	1 medium packet	1 large packet
beef mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
beef stock pot	1 packet (20g)	1 packet (40g)
baby spinach leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3164kJ (756Cal)	470kJ (112Cal)
Protein (g)	43.5g	6.5g
Fat, total (g)	42.7g	6.3g
- saturated (g)	22.5g	3.3g
Carbohydrate (g)	44.8g	6.7g
- sugars (g)	17.8g	6.7g
Sodium (mg)	1512mg	224mg

The quantities provided above are averages only.

Allergens

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

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



Get prepped

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into large chunks. Finely chop the **brown onion** and **garlic**. Grate the **celery** and **carrot**.



Make the Cheddar mash

Cook the **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **butter**, **milk** and the **salt**. Mash until smooth. Stir through the **shredded Cheddar cheese** until well combined. Cover to keep warm.



Start the filling

While the potato is cooking, heat a drizzle of **olive oil** in a large frying pan over a high heat. Add the **onion**, **celery**, **carrot** and a generous pinch of **salt** and cook, stirring, until softened, **4-5 minutes**. Transfer the **veggies** to a bowl. Return the pan to a high heat with another drizzle of **olive oil**. When the oil is hot, add the **beef mince** and **garlic** and cook, breaking up the mince with a spoon, until just browned, **2-3 minutes**.

TIP: Transferring the veggies out of the pan allows the beef to brown!



Finish the filling

Add the **tomato paste**, the **water** and **beef stock pot**. Stir to combine, then return the **veggies** to the pan. Add the **baby spinach leaves** and stir through until just wilted, **1 minute**.

TIP: Add a dash of water at the end if the filling seems too thick!



Grill the pie

Preheat the grill to medium-high. Transfer the **filling** to a baking dish. Spread the **mash** on top. Grill until lightly golden, **5-7 minutes**.



Serve up

Slice the beef and spinach cottage pie with Cheddar mash. Divide between plates to serve.

Enjoy!

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