



Central American Style Spiced Cottage Pie

with Cheesy Spring Onion Mash Top and Garlic Peas

Family 30 Minutes • Mild Spice • 2 of your 5 a day

8



Bell Pepper



Garlic Clove



Spring Onion



Potatoes



Beef Mince



Central American
Style Spice Mix



Finely Chopped
Tomatoes with
Onion and Garlic



Beef Stock Paste



Mature Cheddar
Cheese



Peas

Pantry Items
Water

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan, grater, colander, potato masher and ovenproof dish.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Spring Onion**	2	3	4
Potatoes**	450g	700g	900g
Beef Mince**	240g	360g	480g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Water for the Beef*	75ml	100ml	150ml
Mature Cheddar Cheese** 7)	45g	75g	90g
Peas**	120g	180g	240g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	734g	100g
Energy (kJ/kcal)	2909/695	396/95
Fat (g)	30	4
Sat. Fat (g)	14	2
Carbohydrate (g)	67	9
Sugars (g)	20	3
Protein (g)	42	6
Salt (g)	3.67	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Prep the Veg

Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onions**. Chop the **potatoes** into 2cm chunks (peel first if you prefer). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Mash the Potatoes

Meanwhile, turn your grill on to high. Grate the **cheese**. Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Mix through the **cheese** and **spring onions**, then season with **salt** and **pepper**. Cover with a lid to keep warm and set aside.



Cook the Beef

While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **beef mince** and **sliced pepper**. Cook until the **mince** has browned and the **pepper** is softened, 6-7 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**.

IMPORTANT: Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Grill the Pie

Transfer the **beef filling** to an appropriately sized ovenproof dish. Spread the **mash** on top in an even layer. Grill until golden brown and piping hot, 5-6 mins. Wash out the (now empty) frying pan and put back on medium-high heat with a drizzle of **oil**. When hot, add the **peas** and stir-fry for 2-3 mins. Add the remaining **garlic** and cook for 1 min more. Season with **salt** and **pepper**.



Build the Sauce

Once the **beef** has browned, stir in the **Central American style spice mix** and **half of the garlic**. Cook until fragrant, 1 min. Pour in the **chopped tomatoes**, **beef stock paste** and **water for the beef** (see ingredients for amount). Bring to a boil, then turn the heat down to a simmer. Cook until thickened, 5-6 mins.



Serve

Once everything is ready, share the **pie** between your plates with the **peas** alongside.

Enjoy!