



# HEARTY BEEF COTTAGE PIE

with Garlic Mash



Jazz up traditional potato mash



Potatoes



Garlic



Brown Onion



Carrots



Zucchini



Celery



Rosemary



Thyme



Diced Beef



Dijon Mustard



Beef Stock

*Pantry Staples*



Butter



Milk



Olive Oil



Plain Flour



Worcestershire Sauce (Optional)



Warm Water (Optional)

Hands-on: 30 mins  
Ready in: 45 mins

Our favourite way to enjoy this hearty beef cottage pie is in individual ramekins, perfect for tucking in at the table or on the couch (#no judgement). It's aromatic and moreish, just the way a good pie should be.

# BEFORE YOU START

You will need: **kettle, chef's knife, chopping board, garlic crusher, medium saucepan, colander, potato masher** or fork, **vegetable peeler, medium frying pan, wooden spoon** and **small pie dish** or **individual ramekins**. Let's start cooking the **Hearty Beef Cottage Pie with Garlic Mash**



## 1 GET PREPPED

Boil a full kettle of water. Peel the **potato** and chop into 2 cm cubes. Peel and crush the **garlic**.



## 2 PREPARE THE GARLIC MASH

Place the **potato** and boiling water from the kettle in a medium saucepan over a high heat. Boil for **10-15 minutes**, or until the potato is soft when pierced with a knife. Drain and set aside in a colander to allow the excess moisture to evaporate. Return the saucepan to a low heat and add the **garlic, butter** and **milk**. Cook for **1-2 minutes**, or until fragrant. Turn off the heat. Return the potato to the saucepan and mash using a potato masher or fork. Season to taste with **salt** and **pepper**. Cover to keep warm.



## 3 COOK THE VEGETABLES

Meanwhile, finely chop the **brown onion**, peel and dice the **carrots**, dice the **zucchini** and **celery** and pick and finely chop the **rosemary** and **thyme** leaves. Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the brown onion, carrot, zucchini and celery and cook for **5-6 minutes**, or until softened. Add the rosemary and thyme and cook for a further **1-2 minutes**, or until fragrant.



## 4 ADD THE BEEF

Add the **diced beef** and **plain flour** and cook for **2 minutes**, or until browned. Add the **Dijon mustard, Worcestershire sauce** (if using), **warm water** and crumble in the **beef stock** cube. Stir to combine. Reduce the heat to low and simmer for **10 minutes** to develop the flavours.



## 5 COOK THE PIE

Preheat the grill to high. Spoon the **beef** mixture into a small pie dish or individual ramekins. Top with the **garlic mash**. Place the pie under the grill and cook for **7-8 minutes**, or until golden on top.



## 6 SERVE UP

Remove the hearty beef cottage pie with garlic mash from the grill and divide between plates.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

|                                  | 2P            | 4P            |
|----------------------------------|---------------|---------------|
| potatoes                         | 400 g         | 800 g         |
| garlic                           | 1 clove       | 2 cloves      |
| butter*                          | 2 tbs         | 4 tbs         |
| milk*                            | 3 tbs         | 6 tbs         |
| brown onion                      | ½             | 1             |
| carrots                          | 2             | 4             |
| zucchini                         | 1             | 2             |
| celery                           | 2 stalks      | 4 stalks      |
| rosemary                         | 1 bunch       | 2 bunches     |
| thyme                            | 1 bunch       | 2 bunches     |
| olive oil*                       | 1 tbs         | 2 tbs         |
| diced beef                       | 1 packet      | 2 packets     |
| plain flour*                     | 1 tbs         | 2 tbs         |
| Dijon mustard                    | ½ tub (2 tsp) | 1 tub (1 tbs) |
| Worcestershire sauce* (optional) | 1 tbs         | 2 tbs         |
| warm water*                      | ½ cup         | 1 cup         |
| beef stock                       | 1 cube        | 2 cubes       |

\*Pantry Items | Ingredient features in another recipe

| NUTRITION        | PER SERVING     | PER 100G      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2630kJ (628Cal) | 344kJ (82Cal) |
| Protein (g)      | 43.0g           | 5.6g          |
| Fat, total (g)   | 27.3g           | 3.6g          |
| - saturated (g)  | 12.1g           | 1.6g          |
| Carbohydrate (g) | 47.8g           | 6.3g          |
| - sugars (g)     | 14.9g           | 2.0g          |
| Sodium (g)       | 745mg           | 98mg          |

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