



VEGGIE SHEPHERD'S PIE



HELLO CHESTNUT MUSHROOM

They have a strong, intense flavour and a texture similar to meat. If left to grow large they can be very similar to portobello mushrooms.



Potato



Red Onion



Chestnut Mushrooms



Yellow Pepper



Carrot



Sundried Tomatoes



Chickpeas



Mature Cheddar Cheese



Dried Oregano



Worcester Sauce



Finely Chopped Tomatoes with Basil



Red Wine Stock Pot



Italian Style Grated Hard Cheese

MEAL BAG
7

- 40 mins
- 5 of your 5 a day
- Veggie

This tasty pie features a filling of colourful veggies and meaty mushrooms crowned with creamy mash. It's warm and comforting, the perfect antidote to a chilly winter evening!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans** (one with a **Lid**), **Coarse Grater**, **Sieve**, **Colander**, **Potato Masher** and **Ovenproof Dish**. Now, let's get cooking!



1 BOIL THE POTATO

Put a large saucepan of water with a pinch of salt on to boil for the potato. Chop the **potato** into 2cm chunks (no need to peel). Pop into the pan of water, bring back to the boil, lower the heat to medium and cook for 20 mins. **TIP:** The potato is cooked when you can easily slip a knife through.



2 PREP THE VEGGIES

Meanwhile, halve, peel and finely slice the **red onion**. Roughly chop the **chestnut mushrooms**. Halve the **pepper**, remove the core and seeds and slice into thin strips. Trim the **carrot** then coarsely grate (no need to peel). Roughly chop the **sundried tomatoes**.



3 START THE FILLING

Heat a drizzle of **oil** in another large saucepan on medium heat. When hot, add the **onion, mushrooms, pepper** and **sundried tomatoes**. Season with a pinch of **salt** and **pepper**. Cook, stirring occasionally until soft and starting to brown, 6-7 mins. Whilst the **veggies** cook, drain and rinse the **chickpeas** in a sieve. Grate the **cheddar cheese**.



4 SIMMER THE FILLING

Stir the **dried oregano** into the **veggies**, then add the **Worcester sauce** and cook for 1 minute more. Pour in the **finely chopped tomatoes**. Add the **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.



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 some) and the **Italian style grated cheese** and mash with a potato masher until smooth. Season with **salt** and **pepper**. Preheat your grill to its highest setting.



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!**

2-4 PEOPLE INGREDIENTS

In order of use

	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
Yellow Pepper *	1	2	2
Carrot *	1	1	2
Sundried Tomatoes	1 bag	1½ bags	2 bags
Chickpeas	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese 7) *	1 small block	1½ small blocks	2 small blocks
Dried Oregano	1 small pot	¾ large pot	1 large pot
Worcester Sauce	½ sachet	¾ sachet	1 sachet
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot 14)	½	¾	1
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 874G	PER 100G
Energy (kcal)	623	71
(kJ)	2607	298
Fat (g)	15	2
Sat. Fat (g)	8	1
Carbohydrate (g)	92	11
Sugars (g)	32	4
Protein (g)	27	3
Salt (g)	4.69	0.54

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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