

Cottage Pie,

Beef and Mashed Potato Casserole

A British classic.

hellóchef

Cals 863 • Prot 65 • Carbs 63 • Fat 41

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🕒 cook: 60 min

R2186

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meat sauce	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Brown onion	0.5	1	1	Piece
Garlic cloves	2	2	3	Piece
Carrot	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	70	70	140	Grams
Water	200	300	400	ML
Beef stock cube 4*, 5*, 9*, 11*, 15*	0.5	1	1	Piece
Worcestershire sauce 6*, 11*	15	22	30	ML
Brown sugar	5	5	10	Grams
Black pepper	0.5	1	1	Tsp
Green peas	100	150	200	Grams
Potato mash				
Potatoes	600	900	1200	Grams
Butter 4*	20	50	50	Grams
Whole milk 4*	100	100	200	ML
Organic Eggs 5*	1	2	2	Piece
Salt	1	1	2	Tsp
Grated cheddar 4*	60	90	120	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *6 Fish

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3606 / 863
Fat (g)	41.1
of which saturates (g)	24.6
Carbohydrate (g)	63
of which sugars (g)	16.9
Fiber (g)	13
Protein (g)	64.6
Salt (g)	3.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion** and **garlic**. Peel and grate the **carrot**. Peel and chop the **potatoes**.



2 Boil potatoes

Add the **potatoes** to a pan of salted boiling water with a generous pinch of **salt**. Cook the **potatoes** over a medium heat for 15-20 min or until soft.



3 Make beef sauce

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Fry the **beef mince** and **onion** with a pinch of **salt** for 5-7 min. Add the **garlic** and **tomato paste**. Add the **grated carrots**, **measured water**, **stock cube**, **Worcestershire**, **sugar** and **pepper**. Reduce the heat to low. Cover with a lid and stew for 15-20 min.



4 Make mash

Once ready, drain the **potatoes** and return them to the pan with the salted **butter**. Mash. Slowly add enough **milk** (about {50/75/100} ml) to reach your desired mash consistency. Add the **eggs**, a generous pinch of **salt** and half of the **grated cheddar**. Mix well.



5 Bake

Add the **green peas** to the **beef sauce** and check the seasoning. Season with **salt** and **pepper**. Pour the **beef sauce** into a baking dish. Spoon the mashed **potatoes** over the top. Smooth the surface with a spatula. Sprinkle with the remaining cheese. Bake for 15-20 min.



6 Serve

Once baked, set the pie aside to rest for 5 min, then serve.