



A British classic.

Cooking Time: 60 min

Cals 928 | Prot 58 | Carbs 76 | Fat 44

Tips For Fussy Eaters

Grate the carrots with a fine blade if you want to hide them. Why not add more grated veggies, such as zucchini?

Pro Tip

Make sure the pan is hot before adding the beef. This will ensure it browns nicely!

Ingredients

For 2 For 3 For 4

Meat sauce

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	0.5	1	1	Piece
Worcestershire sauce	15	22	30	ML
Brown sugar	5	5	10	Grams
Black pepper	0.5	1	1	Tsp
Green peas	100	150	200	Grams

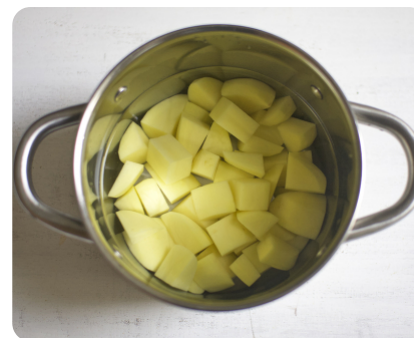
Potato mash

Potatoes	600	900	1200	Grams
Salted butter	20	50	50	Grams
Whole milk	100	100	200	ML
Eggs	1	2	2	Piece
Salt	1	1	2	Tsp
Grated cheddar	60	90	120	Grams



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.



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