

Low Carb Cottage Pie with Cauliflower Mash and Steamed Broccoli

hellóchef

A British classic – made low carb.

Cals 835 • Prot 64 • Carbs 58 • Fat 43

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🕒 cook: 60 min

R3257



Before you start

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

Ingredients

Beef sauce	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	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
Tomato passata	200	400	400	Grams
Ketchup	32	32	78	Grams
Marmite 11*, 15*	8	8	16	Grams
Beef stock cube 4*, 5*, 9*, 11*, 15*	0.5	1	1	Piece
Worcestershire sauce 6*, 11*	15	22	30	ML
Black pepper	0.5	0.5	1	Tsp
Green peas	100	150	200	Grams
Cauliflower mash				
Cauliflower	600	800	1200	Grams
Grated cheddar 4*	60	90	120	Grams
Butter 4*	30	50	50	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
To serve				
Broccoli	300	450	600	Grams

Allergens

*11 Gluten, *15 Celery, *4 Milk, *5 Eggs, *9 Soya, *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)	3484 / 835
Fat (g)	42.5
of which saturates (g)	26
Carbohydrate (g)	58
of which sugars (g)	27.6
Fiber (g)	18.2
Protein (g)	64
Salt (g)	5.4

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



1 Simmer cauliflower

Preheat the oven to 200°C/180°C fan. Chop the **cauliflower** into small florets. Bring a large pot of water to a boil. Add the **cauliflower** and cook, covered, for 10-12 min until soft. Drain.



2 Prep

Meanwhile, peel and finely chop the **onion** and **garlic**. Peel and grate the **carrot**.



3 Fry beef

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, tomato passata, ketchup, marmite, [0.5/1/1] stock cube, Worcestershire sauce** and **pepper**. Reduce the heat to low. Cover with a lid and simmer for 15 min.

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



4 Make mash

Meanwhile, once soft, add the **cauliflower, cheddar** and **butter** to a food processor. Blitz for 1-2 min until smooth. Season generously with **salt** and **pepper**.



5 Bake

Add the **green peas** to the **beef**. Season with **salt** and **pepper**. Pour the **beef** into a baking dish. Spoon the **cauliflower** over the top. Smooth the surface with a spatula. Bake for 20 min.



6 Serve

Meanwhile, chop the **broccoli** into florets. Once baked, set the pie aside to rest for 5 min. Meanwhile, cook the **broccoli** in lightly salted boiling water for 5 min or until tender. Drain once cooked. Serve the **broccoli** along side the pie.