

Classic Shepherd's Pie

hellóchef

A British classic! Shepherd's pie is traditionally made with lamb mince, whilst cottage pie is made with beef.

Cals 755 • Prot 49 • Carbs 67 • Fat 29

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🕒 cook: 60 min

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Before you start

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

Ingredients

Pie	2 ppl	3 ppl	4 ppl	
Lean lamb mince	350	525	700	Grams
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Carrot	1	2	2	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	70	70	140	Grams
Water	200	300	400	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Worcestershire sauce 6*, 11*	15	22	30	ML
Brown sugar	5	5	10	Grams
Black pepper	0.5	0.5	1	Tsp
Green peas	100	150	200	Grams
Mash potato				
Potatoes	600	900	1200	Grams
Butter 4*	10	20	20	Grams
Salt	0.5	1	1	Tsp
Whole milk 4*	100	200	200	ML

Allergens

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

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)	3421 / 755
Fat (g)	28.9
of which saturates (g)	18.4
Carbohydrate (g)	67
of which sugars (g)	19.4
Fiber (g)	13.9
Protein (g)	49.1
Salt (g)	3.6

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



1 Boil potatoes

Preheat the oven to 200°C/180°C fan. Peel and chop the **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 20 min or until soft. Once cooked, drain.



2 Prep

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

Tip! Why not add more grated veggies, such as zucchini?



3 Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Fry the **lamb mince** and **onion** with a pinch of **salt** for 5-7 min. Add the **garlic** and **tomato paste**. Add the grated **carrots**, **measured water**, {1/1/2} **stock cube**, **Worcestershire**, **sugar** and **pepper**. Reduce the heat to medium-low. Cover with a lid and simmer for 10 min.

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



4 Make mash

Meanwhile, once ready, return the **potatoes** to the pan with the **butter**. Mash until smooth. Slowly add enough **milk** (about {50/75/100} ml) to reach your desired mash consistency. Season generously with **salt**.



5 Bake

Add the **green peas** to the **lamb sauce** and check the seasoning. Season with **salt** and **pepper**. Pour the **lamb sauce** into a baking dish. Spoon the **mashed potato** over the top. Smooth the surface with a spatula. Bake for 20 min or until the top begins to brown.



6 Serve

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