

Cottage Pie: Beef and Mashed Potato Casserole

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A British Classic!

hellóchef

Cals 909 • Prot 65 • Carbs 74 • Fat 41

Weekly Classic

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🕒 cook: 60 min

R3379

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	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Carrot	1	1	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	0.5	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
Onion marmalade	28	56	56	Grams
Black pepper	0.5	0.5	1	Tsp
Green peas	100	150	200	Grams
Mash				
Potatoes	600	900	1200	Grams
Butter 4*	20	30	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

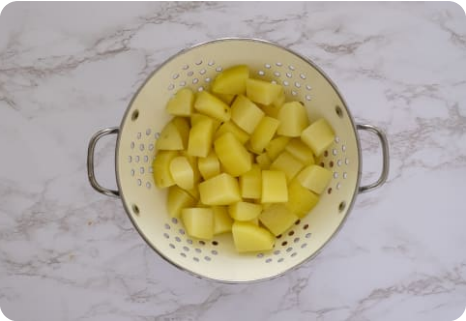
Allergens

*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)	3797 / 909
Fat (g)	41.3
of which saturates (g)	24.7
Carbohydrate (g)	74
of which sugars (g)	26
Fiber (g)	14.1
Protein (g)	65.1
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 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. Cook the **potatoes** over a medium heat for 20 min or until soft.



2 Prep vegetables

Meanwhile, peel and finely chop the **onion** and **garlic**. Peel and grate the **carrot**.
Tip! Cooking for kids? Why not add more grated veggies, such as zucchini?



3 Make beef sauce

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, onion marmalade** 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

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.