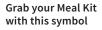
# Herby Lamb & Leek Shepherd's Pie with Garlic Mash Topping

NEW















Leek



Lamb Mince

Soffritto Mix

Garlic & Herb Seasoning



Worcestershire Sauce



Tomato Paste

Beef-Style Stock Powder





**Pantry items** 

Olive Oil, Butter, Milk

Prep in: 30-40 mins Ready in: 40-50 mins



Calorie Smart\* \*Custom Recipe is not Calorie Smart Let's try our hand at the classic shepherd's pie, filled with saucy lamb and veggies like cosy leek. It's a comfort dinner that just gets comfier when a fluffy potato mash is spread on top to create the top of the pie. We've reached peak cosiness now!

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

 $\mbox{Large saucepan} \cdot \mbox{Large frying pan} \cdot \mbox{Medium or large baking dish}$ 

## Ingredients

| 3                          |                    |                                      |
|----------------------------|--------------------|--------------------------------------|
|                            | 2 People           | 4 People                             |
| olive oil*                 | refer to method    | refer to method                      |
| potato                     | 2                  | 4                                    |
| garlic                     | 2 cloves           | 4 cloves                             |
| leek                       | 1                  | 2                                    |
| parsley                    | 1 bag              | 1 bag                                |
| butter*                    | 40g                | 80g                                  |
| milk*                      | 2 tbs              | 1/4 cup                              |
| lamb mince                 | 1 packet           | 1 packet                             |
| soffritto mix              | 1 packet<br>(150g) | 1 packet<br>(300g)                   |
| garlic & herb<br>seasoning | 1 medium sachet    | 1 large sachet                       |
| tomato paste               | 1 packet           | 2 packets                            |
| Worcestershire sauce       | 1 medium packet    | 1 large packet                       |
| beef-style stock<br>powder | 1 medium sachet    | 1 large sachet                       |
| water*                     | 2 tbs              | 1/4 cup                              |
| beef mince**               | 1 small packet     | 2 small packets<br>OR 1 large packet |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2625kJ (627Cal) | 472kJ (113Cal) |
| Protein (g)      | 34.2g           | 6.2g           |
| Fat, total (g)   | 31.2g           | 5.6g           |
| - saturated (g)  | 14.6g           | 2.6g           |
| Carbohydrate (g) | 50.2g           | 9g             |
| - sugars (g)     | 24.8g           | 4.5g           |
| Sodium (mg)      | 1262mg          | 227mg          |

#### **Custom Recipe**

| Avg Qty          | Per Serving            | Per 100g              |
|------------------|------------------------|-----------------------|
| Energy (kJ)      | <b>3069kJ</b> (734Cal) | <b>552kJ</b> (132Cal) |
| Protein (g)      | 37.3g                  | 6.7g                  |
| Fat, total (g)   | 40.3g                  | 7.2g                  |
| - saturated (g)  | 19.6g                  | 3.5g                  |
| Carbohydrate (g) | 50.2g                  | 9g                    |
| - sugars (g)     | 24.8g                  | 4.5g                  |
| Sodium (mg)      | 1243mg                 | 224mg                 |

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns

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## Get prepped

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
- Peel potato and cut into large chunks. Peel garlic cloves. Thinly slice leek. Roughly chop parsley.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.



### Make the mash

- Cook potato and garlic in the boiling water, over high heat, until easily pierced with a fork,
   12-15 minutes. Drain and return to the pan.
- Add the butter and milk to potato and season with salt. Mash until smooth. Cover to keep warm.



## Start the filling

- While the potato is cooking, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook lamb mince, breaking up with a spoon, until just browned, 3-4 minutes.
- Add leek, soffritto mix and parsley and cook, stirring, until softened, 5-6 minutes.
- Add garlic & herb seasoning and cook, stirring, until fragrant, 1 minute.

**Custom Recipe:** If you've swapped lamb mince for beef mince, cook the beef mince in the same way as above.



## Finish the filling

 Add tomato paste, Worcestershire sauce, beef-style stock powder and the water.
 Stir well to combine. Season to taste.

TIP: Add a dash of water if the mince looks dry!



## Grill the pie

- Preheat grill to high. Transfer the lamb mixture to a baking dish, then spread the mash on top.
- Grill pie until lightly golden, 8-10 minutes.



## Serve up

 Divide lamb and leek shepherd's pie between plates. Enjoy!



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