



Moroccan Lamb Shepherd's Pie

with Cheesy Potato Top

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Leek



Carrot



Lamb Mince



Tomato Paste



Chermoula Spice Blend



Vegetable Stock Powder



Baby Spinach Leaves



Shredded Cheddar Cheese



Beef Mince

Prep in: 25-35 mins
Ready in: 35-45 mins

When you have this shepherd's pie under your belt, you'll never want another pie in your life other than this spiced Moroccan lamb one. The warming veggies and fluffy cheesy mash on top with make you fall in love. It's love at first bite.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk

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

Large saucepan · Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
garlic	2 cloves	4 cloves
leek	1	2
carrot	1	2
lamb mince	1 packet	1 packet
tomato paste	1 packet	2 packets
chermoula spice blend	1 sachet	2 sachets
vegetable stock powder	1 medium sachet	1 large sachet
water*	½ cup	1 cup
baby spinach leaves	1 small bag	1 medium bag
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2898kJ (693Cal)	517kJ (124Cal)
Protein (g)	38.7g	6.9g
Fat, total (g)	38.9g	6.9g
- saturated (g)	19.1g	3.4g
Carbohydrate (g)	46g	8.2g
- sugars (g)	19.2g	3.4g
Sodium (mg)	1344mg	240mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3341kJ (799Cal)	596kJ (142Cal)
Protein (g)	41.8g	7.5g
Fat, total (g)	48g	8.6g
- saturated (g)	24.1g	4.3g
Carbohydrate (g)	46g	8.2g
- sugars (g)	19.2g	3.4g
Sodium (mg)	1324mg	236mg

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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1



Make the mash

- 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.
- Cook **potato** 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 the **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

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

Little cooks: Get those muscles working and help mash the potatoes!

4



Bring it all together

- Add **tomato paste**, **chermoula spice blend**, **vegetable stock powder** and the **water** to the pan and stir to combine until thickened, **1 minute**.
- Remove pan from heat, then stir through **baby spinach leaves** until wilted.

Custom Recipe: Drain the oil from the pan before adding tomato paste, chermoula spice blend, beef stock and the water.

2



Get prepped

- Preheat grill to medium-high.
- Finely chop **garlic**. Thinly slice **leek**. Grate the **carrot**.

3

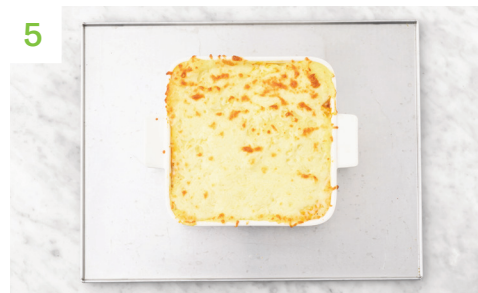


Cook the lamb

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **leek** and **carrot**, stirring, until softened, **3-4 minutes**.
- Add **lamb mince** and **garlic** and cook, breaking up with a spoon, until just browned, **2-3 minutes**.

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

5



Grill the pie

- Transfer **lamb mixture** to a baking dish and spread **potato mash** on top.
- Sprinkle with **shredded Cheddar cheese**. Grill **pie** until lightly golden, **6-8 minutes**.

6



Serve up

- Divide Moroccan lamb shepherd's pie between bowls. Enjoy!

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