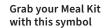
# Lamb Shepherd's Pie with Garlic Mash & Rocket Salad













Potato



Rosemary





Carrot





Tomato Paste





Stock Powder



Shredded Cheddar Cheese



Spinach & Rocket

**Pantry items** 





Nothing beats a comforting shepherd's pie on a chilly night. Whether it's the cheesy mashed potato on top or the rich lamb and veggie filling, it'll warm you up from the inside out and bring back those fond memories of home-cooked favourites.



Olive Oil, Milk, Butter, Balsamic Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

 $\label{eq:medium} \operatorname{Medium} \operatorname{saucepan} \cdot \operatorname{Large} \operatorname{frying} \operatorname{pan} \cdot \operatorname{Medium} \operatorname{or} \operatorname{large} \\ \operatorname{baking} \operatorname{dish}$ 

## Ingredients

ingi ediento			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
brown onion	1/2	1	
rosemary	2 sticks	4 sticks	
garlic	3 cloves	6 cloves	
carrot	1	2	
celery	1 stalk	2 stalks	
milk*	2½ tbs	⅓ cup	
butter*	40g	80g	
salt*	1/4 tsp	½ tsp	
lamb mince	1 packet	1 packet	
tomato paste	1 packet	2 packets	
water*	2½ tbs	⅓ cup	
beef-style stock powder	1 sachet (5g)	1 sachet (10g)	
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)	
balsamic vinegar*	drizzle	drizzle	
spinach & rocket mix	1 bag (30g)	1 bag (60g)	
beef mince**	1 packet	1 packet	

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

## **Nutrition**

Per Serving	Per 100g
2969kJ (710Cal)	482kJ (115Cal)
39.9g	6.5g
40.3g	6.5g
20.3g	3.3g
45.5g	7.4g
10.6g	1.7g
1224mg	199mg
	2969kJ (710Cal) 39.9g 40.3g 20.3g 45.5g 10.6g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3636kJ (869Cal)	<b>591kJ</b> (141Cal)
Protein (g)	43.4g	7.1g
Fat, total (g)	50.5g	8.2g
- saturated (g)	27.8g	4.5g
Carbohydrate (g)	45.5g	7.4g
- sugars (g)	10.6g	1.7g
Sodium (mg)	1195mg	194mg

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.

If you have any questions or concerns, please visit **hellofresh.co.nz/contact** 

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# Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Finely chop the **brown onion** (see ingredients). Pick and finely chop the **rosemary** leaves. Finely chop the **garlic**. Grate the **carrot** and **celery** (or finely chop if you prefer).



## Cook the potato

Cook the **potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain the **potato** and return to the pan, then add the **milk**, **butter**, the **salt** and 1/2 the **garlic**. Mash until smooth. Set aside.



## Cook the mince

While the potato is cooking, heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **onion**, **carrot**, **celery**, **rosemary** and remaining **garlic**, stirring, until softened, **2-3 minutes**. Add a drizzle more **olive oil**, then add the **lamb mince** and cook, breaking it up with a spoon, until just browned, **2-3 minutes**.

## **CUSTOM RECIPE**

If you've swapped your lamb mince for beef mince, cook the beef in the same way as above!



## Grill the pie

While the lamb is cooking, preheat the grill to high. Add the **tomato paste**, the **water** and **beef-style stock powder** to the **lamb** and stir well to combine. Transfer the **lamb mixture** to a baking dish and evenly spread the **mashed potato** on top. Sprinkle with the **shredded Cheddar cheese** and grill until lightly golden, **8-10 minutes**.

**TIP:** Add a dash of water if the lamb mixture looks dry.



## Make the salad

While the pie is grilling, combine a drizzle of balsamic vinegar and olive oil in a medium bowl. Season with salt and pepper. Add the spinach & rocket mix and toss to coat.



## Serve up

Divide the lamb shepherd's pie between bowls. Serve with the rocket salad.

Enjoy!