

Lamb Shepherd's Pie

with Garlic Mash & Rocket Salad



Grab your Meal Kit with this symbol



Potato



Brown Onion



Rosemary



Garlic



Carrot
Celery



Lamb Mince



Tomato Paste



Beef-Style



Stock Powder



Shredded
Cheddar Cheese



Spinach & Rocket
Mix



Beef
Mince

Hands-on: **30-40 mins**
Ready in: **40-50 mins**

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.



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

Pantry items

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

Medium saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown onion	½	1
rosemary	2 sticks	4 sticks
garlic	3 cloves	6 cloves
carrot	1	2
celery	1 stalk	2 stalks
milk*	2½ tbs	½ cup
butter*	40g	80g
salt*	¼ tsp	½ tsp
lamb mince	1 packet	1 packet
tomato paste	1 packet	2 packets
water*	2½ tbs	½ 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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2969kJ (710Cal)	482kJ (115Cal)
Protein (g)	39.9g	6.5g
Fat, total (g)	40.3g	6.5g
- saturated (g)	20.3g	3.3g
Carbohydrate (g)	45.5g	7.4g
- sugars (g)	10.6g	1.7g
Sodium (mg)	1224mg	199mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3636kJ (869Cal)	591kJ (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).



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.



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.



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.



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!



Serve up

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

Enjoy!