



# BEEF & SPINACH COTTAGE PIE

with Parmesan Mash



Add Parmesan to mash!



Potato



Spring Onion



Brown Onion



Garlic



Celery



Carrot



Parmesan Cheese



Beef Mince



Tomato Paste



Beef Stock



Baby Spinach Leaves

Hands-on: **25 mins**  
Ready in: **35 mins**

This cosy dinner packs a flavourful punch, with a veggie-loaded beef base and a creamy Parmesan mash topping. Give the dish a final touch by placing it under the grill till toasty brown and perfectly delicious!

**Pantry Staples:** Olive Oil, Butter, Milk

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid** • **large frying pan** • **small baking dish**



### 1 GET PREPPED

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Thinly slice the **spring onion**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **celery** and **carrot** (unpeeled). Grate the **Parmesan cheese**.



### 2 MAKE THE PARMESAN MASH

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt** and mash with a potato masher or fork until smooth. Stir through the grated **Parmesan cheese** and **spring onion** until well combined. Cover with a lid to keep warm.



### 3 START THE FILLING

While the potato is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **onion**, **celery**, **carrot** and a **generous pinch** of **salt** and cook, stirring, until softened, **4-5 minutes**. Push the **vegetables** to the side of the pan, add a **drizzle** more **olive oil** to the empty space and add the **beef mince** and **garlic**. Cook, breaking up with a spoon, until just browned, **2-3 minutes**.



### 4 FINISH THE FILLING

Preheat the grill to high. Add the **tomato paste** (see ingredients list), the **water** and crumbled **beef stock** to the frying pan. Stir to combine the beef and vegetables. Add the **baby spinach leaves** and stir through until just wilted, **1 minute**. Add a **dash** of **water** and stir through.



### 5 GRILL THE PIE

Transfer the mince mixture to a small baking dish and spread the mash over the top. Grill until lightly golden, **5-7 minutes**.

**TIP:** Keep an eye on the mash topping as it can burn quickly!



### 6 SERVE UP

Divide the beef and spinach cottage pie between bowls.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
spring onion	1 bunch	1 bunch
brown onion	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
carrot	1	2
butter*	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
Parmesan cheese	1 block (25g)	1 block (50g)
beef mince	1 packet	1 packet
tomato paste	⅓ tin	1½ tins
water*	¼ cup	½ cup
beef stock	1 sachet	2 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2800kJ (669Cal)	422kJ (101Cal)
Protein (g)	46.1g	7.0g
Fat, total (g)	30.4g	4.6g
- saturated (g)	18.2g	2.8g
Carbohydrate (g)	44.4g	6.7g
- sugars (g)	14.3g	2.2g
Sodium (g)	1210mg	183mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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