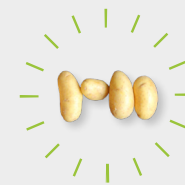




LAMB SHEPHERD'S PIE

with Garlic Mash & Green Salad



Make a garlic mash topping for shepherd's pie



Potato



Brown Onion



Rosemary



Garlic



Carrot



Celery



Cheddar Cheese



Lamb Mince



Tomato Paste



Beef Stock



Baby Spinach Leaves



Mixed Salad Leaves

Hands-on: 30 mins
Ready in: 40 mins

Low calorie

Nothing beats a comforting shepherd's pie on a cold winter's 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.

Pantry Staples: Olive Oil, Milk, Butter, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **medium saucepan** with a **lid** • **medium baking dish**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Finely chop the **brown onion** (see **ingredients list**). Pick and finely chop the **rosemary** leaves. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled) and **celery**, or finely chop if you like. Grate the **Cheddar cheese**.



2 BOIL THE POTATOES

Add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the pan. Add the **milk**, **butter**, the **salt** and **1/2** the **garlic**. Use a potato masher or a fork to mash until smooth. Cover with a lid to keep warm and set aside.



3 COOK THE MINCE

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



4 GRILL THE SHEPHERD'S PIE

Add the **tomato paste** (see **ingredients list**) and **water** to the pan and crumble in the **beef stock** (**1 cube for 2 people / 2 cubes for 4 people**). Stir well to combine. **TIP:** Add a dash of water if the mixture looks dry. Add the **baby spinach leaves** and stir through until just wilted, **1 minute**. Transfer the mince mixture to a medium baking dish and spread the **mashed potato** on top. Sprinkle with the grated **Cheddar cheese**. Grill until lightly golden, **8-10 minutes**.



5 MAKE THE GREEN SALAD

While the shepherd's pie is grilling, combine the **balsamic vinegar** and **olive oil** (**4 tsp for 2 people / 2 1/2 tbs for 4 people**) in a medium bowl. Season with a **pinch** of **salt** and **pepper**. Add the **mixed salad leaves** and toss to coat. **TIP:** Toss the salad just before serving to keep the leaves crisp.



6 SERVE UP

Divide the lamb shepherd's pie between bowls. Serve with the green salad on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
brown onion	½	1
rosemary	1 bunch	1 bunch
garlic	3 cloves	6 cloves
carrot	1	2
celery	1 stalk	2 stalks
Cheddar cheese	1 block (50 g)	1 block (100 g)
milk*	2½ tbs	½ cup
butter*	40 g	80 g
salt*	¼ tsp	½ tsp
lamb mince	1 packet (300 g)	1 packet (600 g)
tomato paste	½ tin	1 ½ tins
water*	2 tbs	½ cup
beef stock	1 cube	2 cubes
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30 g)	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2280kJ (546Cal)	496kJ (118Cal)
Protein (g)	36.9g	8.0g
Fat, total (g)	24.3g	5.3g
- saturated (g)	6.2g	1.4g
Carbohydrate (g)	43.1g	9.4g
- sugars (g)	7.8g	1.7g
Sodium (g)	848mg	184mg

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

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

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