



# Lamb & Spinach Shepherd's Pie

with Creamy Chive Mash

Grab your Meal Kit with this symbol



Potato



Brown Onion



Celery



Carrot



Rosemary



Garlic



Chives



Garlic & Herb Seasoning



Lamb Mince



Tomato Paste



Beef-Style Stock Powder



Baby Spinach Leaves

Hands-on: **40-50 mins**  
 Ready in: **50-60 mins**

Calorie Smart

Did you know that shepherd's pie traditionally uses lamb, while cottage pie uses beef? We kept up with tradition in this winter warmer, but decided to make our version extra-nutritious by stirring baby spinach through the hearty lamb filling. Enjoy the comforting mix of old and new!

### Pantry items

Olive Oil, Milk, Butter

## 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 with a lid · 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	1 (medium)	1 (large)
celery	1 stalk	2 stalks
carrot	1	2
rosemary	2 sprigs	4 sprigs
garlic	2 cloves	4 cloves
chives	1 bag	1 bag
milk*	2½ tbs	½ cup
butter*	40g	80g
salt*	¼ tsp	½ tsp
garlic & herb seasoning	1 sachet	1 sachet
lamb mince	1 packet	1 packet
tomato paste	1 packet	2 packets
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	2 tbs	¼ cup
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2611kJ (624Cal)	426kJ (101Cal)
Protein (g)	34.9g	5.7g
Fat, total (g)	31.1g	5.1g
- saturated (g)	14.7g	2.4g
Carbohydrate (g)	49.5g	8.1g
- sugars (g)	11.8g	1.9g
Sodium (mg)	1505mg	246mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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**. Finely chop (or grate) the **celery**. Grate the **carrot**. Pick and roughly chop the **rosemary** leaves. Finely chop the **garlic**. Finely chop the **chives**.



## Finish the filling

Add the **tomato paste**, **beef-style stock powder** and the **water**, then return the cooked **veggies** to the pan. Stir well to combine, then stir through the **baby spinach leaves** until just wilted, **1-2 minutes**.

**TIP:** Add a dash of water if the mince looks dry!



## Make the mash

Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the pan. Add the **milk**, **butter** and the **salt**, then mash until smooth. Stir through the **chives** and set aside.



## Grill the pie

Preheat the grill to high. Transfer the **mince mixture** to a baking dish, then evenly spread the **chive mash** on top. Grill until lightly golden, **8-10 minutes**.

**TIP:** Grills cook fast, so keep an eye on the pie!



## Start the filling

While the potato is cooking, heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **onion**, **celery**, **carrot** and **rosemary**, stirring, until softened, **4-5 minutes**. Add the **garlic** and **garlic & herb seasoning** and cook, stirring, until fragrant, **1 minute**. Transfer the **veggies** to a bowl. Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **lamb mince**, breaking it up with a spoon, until just browned, **3-4 minutes**.



## Serve up

Divide the lamb and spinach shepherd's pie between bowls.

**Enjoy!**