



Pork and Cheesy Mash Pie with green beans

Family 40 – 45 mins

4



Pork Mince



Garlic



Carrot



Tomato Paste



Red Wine Jus



Dried Thyme



Grated Cheese



Green Beans



Potatoes

Pantry Items: Salt, Oil, Pepper, Sugar, Water, Butter, Milk (Optional)



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater, oven dish, pan with lid, potato masher

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Garlic	1 unit	2 units
Carrot	1 unit	2 units
Tomato Paste	1 tin	2 tins
Red Wine Jus	1 sachet	2 sachets
Dried Thyme	1 sachet	2 sachets
Grated Cheese	50 g	100 g
Green Beans	150 g	300 g
Potatoes	600 g	1200 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	676 g	100 g
Energy (kJ/kcal)	2848 kJ/ 681 kcal	421 kJ/ 101 kcal
Fat (g)	26.5 g	3.9 g
Sat. Fat (g)	11.9 g	1.8 g
Carbohydrate (g)	76.3 g	11.3 g
Sugars (g)	16.5 g	2.4 g
Protein (g)	40.6 g	6 g
Salt (g)	1.6 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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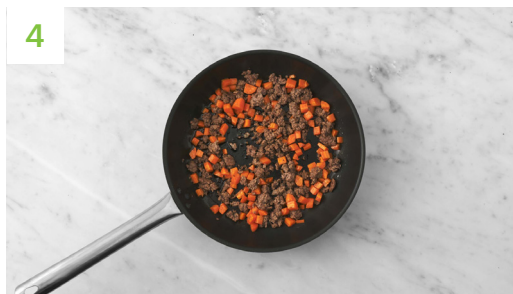


You can recycle me!



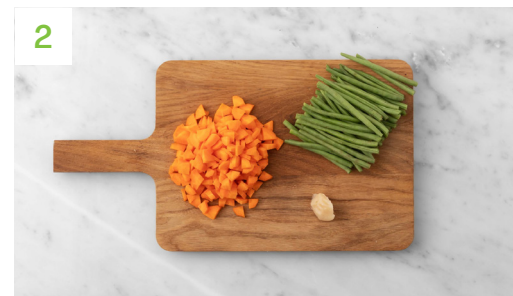
Make the Mash

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Boil a pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Once boiling, add the **potatoes** to the **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat. Add a knob of **butter** and a splash of **milk** or **water** and mash until smooth. Season with **salt** and **pepper**.



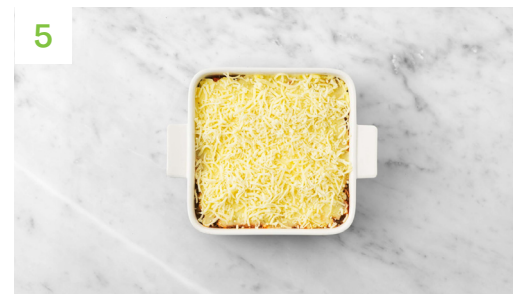
Start the Filling

- Return the pan to medium-high heat.
- Fry the **carrot** and **mince** until browned, stirring occasionally, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Break it up as it cooks. Season with **salt** and **pepper**.
- Add **garlic** and **dried thyme**. Fry for 1 min.
- Add **tomato paste**, ½ tsp **sugar** and 50ml **water** (double both for 4p). Simmer until thickened, 5-8 mins.



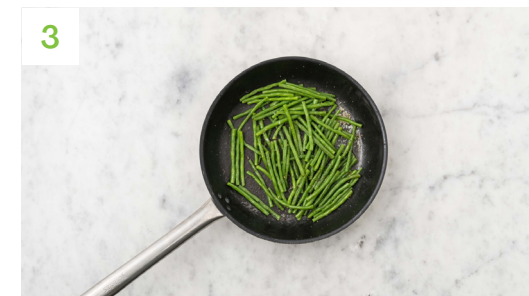
Prep the Veg

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim the **green beans**.
- Quarter the **carrot** lengthways, then chop widthways into ½ cm pieces.



Gratinate the Pie

- Pour in the **red wine jus** along with a splash of **water** to loosen the sauce (if required). Season to taste with **salt** and **pepper**.
- Transfer the filling to an appropriately-sized oven dish.
- Top with a layer of mashed **potato**. Use the back of a spoon to evenly spread it out.
- Sprinkle the **cheese** over the top.
- Bake the pie on the middle shelf of your oven until golden, 10-15 mins.



Pan-fry the Green Beans

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **green beans** until starting to char, 2-3 mins.
- Add a splash of **water** and cover with a lid or some foil.
- Cook until tender, 4-5 mins.
- Remove from pan and cover to keep warm. Give the pan a quick wipe.



Finish and Serve

- When everything's ready, carefully the **pork pie** from the oven.
- Share the piping hot pie between plates.
- Serve the tender **green beans** alongside.

Enjoy!