



Curried Cottage Pie

with roasted broccoli

Calorie Smart 40-45 mins

11



Beef Mince



Beef Stock



Onion



Garlic



Tomato Paste



North Indian
Style Spice Mix



Broccoli



Potatoes

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

Before you start

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

Cooking tools you will need

Grater, Oven Dish, Colander, Lid, Pot, Potato Masher

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Beef Stock	1 sachet	2 sachets
Onion	1 unit	2 units
Garlic	1 unit	2 units
Tomato Paste	1 pack	2 packs
North Indian Style Spice Mix	2 sachets	4 sachets
Broccoli	1 unit	1 unit
Potatoes	3 units	6 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	528.5 g	100 g
Energy (kJ/kcal)	2268.6 kJ/ 542.2 kcal	429.2 kJ/ 102.6 kcal
Fat (g)	20.4 g	3.9 g
Sat. Fat (g)	8.5 g	1.6 g
Carbohydrate (g)	50.6 g	9.6 g
Sugars (g)	9.8 g	1.9 g
Protein (g)	35.9 g	6.8 g
Salt (g)	0.9 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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Get Prepped

- Preheat oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional). When boiling, add **potatoes** to the pot. Cook until fork tender, 15-20 mins.
- Halve, peel and slice the **onion**. Peel and grate the **garlic** (or use a garlic press).
- Cut the **broccoli** into florets (like small trees). Halve any large florets.

TIP: If you're in a hurry you can boil the water in your kettle.



Mash the Potato

- Once cooked, drain the **potatoes** in a colander and return to the pot off the heat.
- Add a knob of **butter** and a splash of **water** or **milk**. Mash until smooth.
- Season to taste with **salt** and **pepper**. Cover to keep warm.



Time to Fry

- Place a pan over medium-high heat (no oil).
- When the pan is hot, add the **beef mince** and cook until browned, 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Use a spoon to break it up as it cooks.
- Season with **salt** and **pepper**.
- Add the **onion** to the **mince** (with a drizzle of **oil** if needed) and cook until softened, 4-5 mins.



Bake Your Pie

- When the filling is ready, transfer to an appropriately sized ovenproof dish.
- Carefully layer the mash over the filling, using the back of a spoon to smooth it out. Bake on the top shelf of your oven until golden and bubbling, 15-20 mins.
- Halfway through cooking, pop the **broccoli** onto a lined baking tray. Toss together with a drizzle of **oil**, **salt** and **pepper**. Spread out in a single layer.
- Roast in the oven until tender and crispy, 10-12 mins.



Make the Filling

- Add the **garlic**, **tomato paste** and **North Indian spice mix** to the **mince**. Fry until fragrant, 30 secs, continuously stirring.
- Stir in the **beef stock** and 150ml **water** (double for 4p). Bring to the boil.
- Once boiling, reduce the heat and simmer until the sauce has thickened, 4-5 mins, stirring occasionally.
- Season to taste with **salt**, **pepper** and **sugar** and remove from the heat. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Serve and Enjoy

- When everything is ready, divide the curried cottage pie between your plates.
- Serve the roasted **broccoli** alongside.

Enjoy!