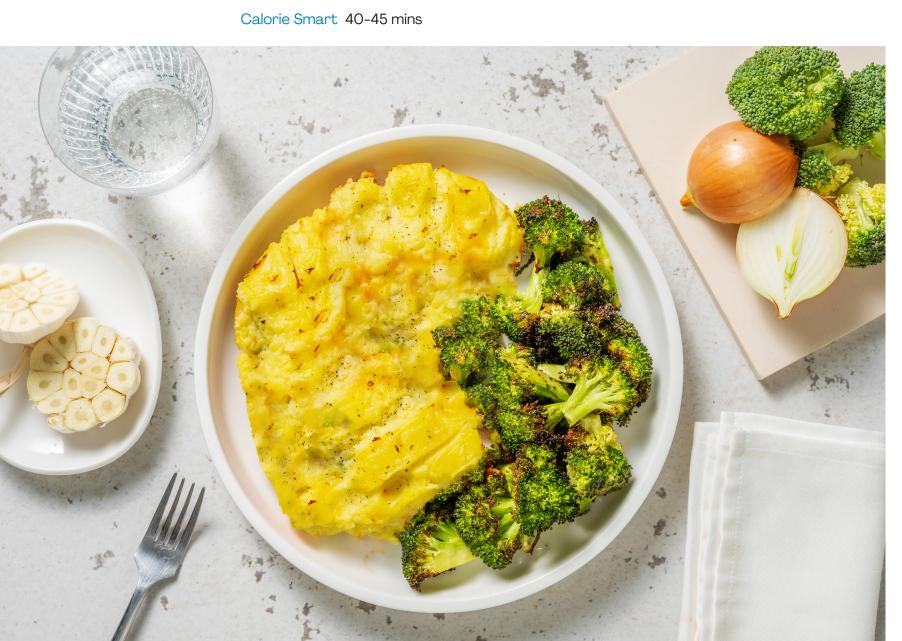


Curried Cottage Pie with roasted broccoli



















Tomato Paste

North Indian Style Spice Mix





Broccoli

Potatoes

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.



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.



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.



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.



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.



Serve and Enjoy

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

Enjoy!