



Curried Cottage Pie

with roasted broccoli

Family 40-45 mins

4



Beef Mince



Potatoes



Onion



Garlic



Broccoli



Beef Stock



Rogan Josh Curry Paste



Curry Powder

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!

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

Cooking tools you will need

Baking sheet with baking paper, colander, grater, oven dish, potato masher

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Potatoes	3 units	6 units
Onion	1 unit	2 units
Garlic	2 units	4 units
Broccoli	1 unit	1 unit
Beef Stock	1 sachet	2 sachets
Rogan Josh Curry Paste	1 sachet	2 sachets
Curry Powder	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	641 g	100 g
Energy (kJ/kcal)	2924.6 kJ/ 699 kcal	456.3 kJ/ 109 kcal
Fat (g)	28.2 g	4.4 g
Sat. Fat (g)	9.9 g	1.5 g
Carbohydrate (g)	73.7 g	11.5 g
Sugars (g)	8.8 g	1.4 g
Protein (g)	37.1 g	5.8 g
Salt (g)	3.9 g	0.6 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.

Contact

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Make the Mash

- Preheat oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- When the **water** is boiling, cook **potatoes** 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**. Mash until smooth. Season to taste with **salt** and **pepper**.

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



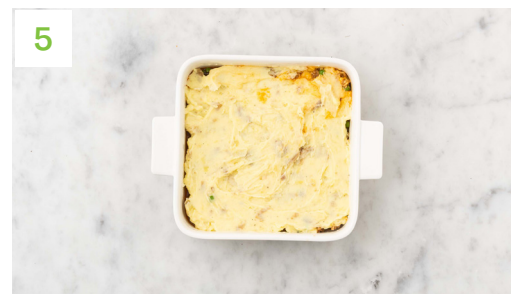
Make the Filling

- Stir in the **beef stock powder** and 150ml **water** (double for 4p). Bring to the boil.
- Once boiling, reduce the heat and simmer until the sauce has thickened, stirring occasionally, 4-5 mins.
- Season to taste with **salt**, **pepper** and **sugar** and remove from the heat. **IMPORTANT:** Mince is cooked when no longer pink in the middle.
- Stir 1 tbsp of **butter** (double for 4p) through the sauce until melted, 30 secs.



Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Pop the **broccoli** onto a lined baking tray. Toss together with a drizzle of **oil** and a pinch of **salt** and **pepper**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 10-15 mins.



Bake Your Pie

- Transfer the **mince** to an appropriately-sized ovenproof dish.
- Carefully layer the mash over the top, using the back of a spoon to smooth it out.
- When the **broccoli** has finished roasting, remove from the oven and transfer to a bowl. Cover with a plate or foil to keep warm.
- Change your oven to grill on high heat.
- Place the pie on the top shelf of your oven and grill until golden and bubbling, 5-6 mins.



Cook the Mince

- Place a pan over medium-high heat (without oil).
- When hot, cook the **mince** until browned, 3-4 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Use a spoon to break the **mince** up as it cooks. Season with **salt** and **pepper**.
- Add the **onion** (with a drizzle of **oil** if needed) and cook until softened, 4-5 mins.
- Add **garlic**, **curry paste**, **curry powder** and ½ tsp **sugar** (double for 4p) and fry until fragrant, stirring, 1 min.



Serve and Enjoy

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

Enjoy!