

# Classic Cottage Pie with tender charred green beans

Family 30-35 mins





















Italian Herbs





Green Beans





Hello Muscat

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



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## 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
Beef Mince	250 g	500 g
Potatoes	3 units	6 units
Red Wine Jus	1 sachet	2 sachets
Onion	1 unit	2 units
Garlic	2 units	4 units
Italian Herbs	½ sachet	1 sachet
Green Beans	150 g	300 g
Passata	1 pack	2 packs
Hello Muscat	1 sachet	2 sachets
Carrot	1 unit	2 units

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	773.5 g	100 g
Energy (kJ/kcal)	3263.5 kJ/ 780 kcal	421.9 kJ/ 100.8 kcal
Fat (g)	28.2 g	3.6 g
Sat. Fat (g)	10 g	1.3 g
Carbohydrate (g)	95.8 g	12.4 g
Sugars (g)	23.2 g	2.9 g
Protein (g)	33.8 g	4.3 g
Salt (g)	4.7 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.

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#### 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**.



# **Get Prepped**

- Meanwhile, halve, peel and chop the onion into small pieces.
- 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.



## Fru 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 the **green beans** are tender, 4-5 mins.
- Remove from pan and cover to keep warm.
   Give your pan a quick wipe then return to medium-high heat.



## Make the filling

- Add the mince and onion to the pan and fry until browned, stirring occasionally, 5-6 mins.
   IMPORTANT: Wash hands and equipment after handling raw mince.
- Break the beef up as it cooks. Season with salt and pepper.
- Add carrot, passata, garlic, muscat and half the Italian herbs (double for 4p). Fry until fragrant, 1 min.
- Pour in the red wine jus. Simmer until thickened, 5-8 mins. IMPORTANT: Mince is cooked when no longer pink in the middle.



## Assemble the Pie

- Once the mince is ready, taste and season with salt and pepper if needed. Add a splash of water if you feel it's too dry.
- Transfer the mince to an appropriately-sized oven dish.
- Top with an even layer of mashed potato. Use the back of a spoon to evenly spread it over.
- Take 2 tbsp butter (double for 4p), cut into small pieces and distribute over the top of the mash.
- Pop the dish in the oven and allow the **butter** to melt, 5-6 mins.



## Divide and Serve

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

## Enjou!