



Mushroom Cottage Pie

with green peas and creamy mash topping

Veggie Calorie Smart 30-35 mins

10



Mushrooms



Garlic



Potatoes



Worcester Sauce



Vegetable Stock



Passata



Grated Cheese



Peas



Onion

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



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, potato masher

Ingredients

	2P	4P
Mushrooms	150 g	250 g
Garlic	2 units	4 units
Potatoes	3 units	6 units
Worcester Sauce	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets
Passata	1 pack	2 packs
Grated Cheese	50 g	100 g
Peas	120 g	240 g
Onion	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	639 g	100 g
Energy (kJ/kcal)	2497.8 kJ/ 597 kcal	390.9 kJ/ 93.4 kcal
Fat (g)	17.5 g	2.7 g
Sat. Fat (g)	7.4 g	1.2 g
Carbohydrate (g)	90.2 g	14.1 g
Sugars (g)	20.6 g	3.2 g
Protein (g)	19.4 g	3 g
Salt (g)	4.2 g	0.7 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 the 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).
- Add the **potatoes** to the boiling **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**. Mash until smooth. Season with **salt** and **pepper**.



Simmer the Sauce

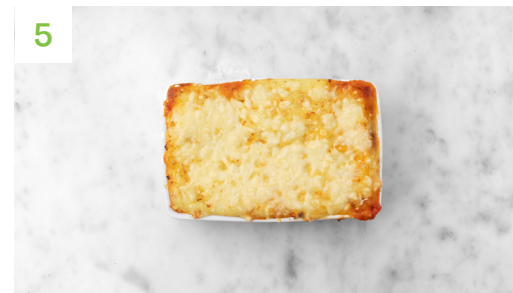
- Add **peas**, **Worcester sauce** and **passata** to the pan.
- Cook, stirring often, until the veg is coated, 1-2 mins.
- Add **stock powder**, ½ tsp **sugar** and 50ml **water** (double both for 4p). Bring to the boil.
- Once boiling, reduce heat to medium-low.
- Cook, stirring often, until sauce thickens slightly and veg is tender, 3-4 mins.

TIP: Add a splash of water if you feel the sauce is too thick.



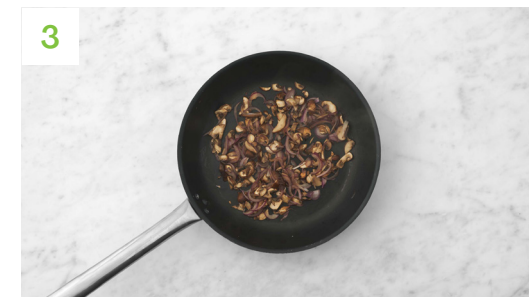
Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic**.
- Roughly chop the **mushrooms**.



Bake Until Bubbling

- Transfer the filling to an appropriately-sized oven dish.
- Top with the mashed **potatoes**. Use a spoon to spread out in an even layer.
- Sprinkle the **cheese** over the top.
- Bake on the middle shelf of the oven until the topping begins to brown, 5-6 mins.



Soften the Veg

- Place a large pan over medium heat with a drizzle of **oil**.
- When hot, add the **onion** and cook until softened, 2-3 mins.
- Add the **mushrooms** and **garlic** and cook, stirring, until **mushrooms** are starting to char, 3-4 mins.
- Season with **salt** and **pepper**.



Finish and Serve

- Remove your **mushroom** cottage pie from the oven.
- Allow to cool before serving, 1-2 mins.
- Divide between plates.

Enjoy!