



SHEPHERD'S PIE

with Feta Mashed Potato



HELLO FETA

The first record of Feta was in the Byzantine Empire and it isn't made too differently today!



Potato



Carrot



Lamb Mince



Dried Oregano



Finely Chopped Tomatoes with Garlic & Onion



Red Wine Stock Pot



Green Beans



Flat Leaf Parsley



Feta Cheese

MEAL BAG

Hands on: **30** mins
Total: **45** mins

1 of your
5 a day

Family Box

An unbeaten family classic, the shepherd's pie is a comforting and tasty midweek meal. Chef Andre created this dish using his Greek brother-in-law's recipe, in which the pie is topped with crumbled feta cheese. The wonderfully tart and tangy taste of the cheese is the perfect ingredient for a dish that is rich and tomatoey. Plus it's a great flavour enhancer for creamy, pillowy mash.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Coarse Grater, Colander, Large Frying Pan** (with a **Lid**), **Measuring Jug, Potato Masher** and **Ovenproof Dish**. Now, let's get cooking!



1 GET STARTED

Preheat your oven to 200°C. Bring a large saucepan of water to the boil with a pinch of salt for the potato. Meanwhile, chop the **potato** into 2cm chunks (peel them first if you prefer a smoother mash). Trim the **carrot** (no need to peel) and grate on the coarse side of the grater.



2 FRY THE LAMB

Add the **potato** to the boiling **water** and cook until you can easily slip a knife through, 10-15 mins. Drain in a colander then return to the pan, off the heat. Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **lamb**, breaking it up with a wooden spoon, and fry, stirring, until brown, 4-5 mins. Drain off any excess fat.



3 COOK THE SAUCE

Stir the **carrot** into the **lamb**, then sprinkle in the **dried oregano**. Add in the **finely chopped tomatoes, stock pot** and **water** (see ingredients for amount) and bring to the boil, stirring to dissolve the **stock pot**. Reduce the heat to medium and simmer until thick and **tomatoey**, 8-10 mins. **! IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



4 DO THE PREP

Trim the **green beans**. Roughly chop the **flat leaf parsley** (stalks and all). Crumble the **feta**.



5 BAKE

When the **potato** is cooked, add **three-quarters** of the **crumbled feta** and, using a potato masher, mash together with a knob of **butter** (if you have some) and a good grind of **pepper**. Pour the **lamb mixture** into an ovenproof dish. Top with **feta mash**, using the back of a spoon to ensure it covers the **lamb** evenly. Scatter over the remaining **feta**. Bake until golden, 12-15 mins.



6 FINISH AND SERVE

While the **pie** bakes, quickly rinse out the frying pan and return to medium heat. Add the **green beans** and a splash of **water**, then pop a lid (or some foil) on the pan and leave to steam-fry until the **beans** are just tender, 6-8 mins. Season with **salt** and **pepper**. Serve the **feta shepherd's pie** with the **beans** alongside and finish with a scattering of **parsley**. **Kali Orex!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Carrot *	1	2	2
Lamb Mince *	200g	300g	400g
Dried Oregano	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Garlic & Onion	½ carton	¾ carton	1 carton
Red Wine Stock Pot (14)	½ pot	¾ pot	1 pot
Water*	50ml	75ml	100ml
Green Beans *	1 small pack	1 small pack	1 large pack
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Feta Cheese 7) *	1 block	2 blocks	2 blocks

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 642G	PER 100G
Energy (kJ/kcal)	2590 / 619	404 / 96
Fat (g)	28	4
Sat. Fat (g)	14	2
Carbohydrate (g)	60	9
Sugars (g)	15	2
Protein (g)	34	5
Salt (g)	3.12	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 14) Sulphites

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.

THUMBS UP OR THUMBS DOWN?

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