

MARLEY SPOON



Shepherd's Pot Pies

with Mash and Green Beans



30-40min



2 Portions

This recipe proves that traditional dishes don't have to be complicated. The beef filling is cooked with warming stock, tomato paste and Worcestershire sauce, then topped with warm mash so all it needs is a short time under the grill until golden. So simple but it tastes like a big, comforting hug from granny.

What we send

- carrot
- green peas
- vegetable stock cubes
- premium beef mince
- potato
- onion
- tomato paste
- Worcestershire sauce ¹⁷
- green beans
- garlic

What you'll require

- boiling water
- butter ⁷
- milk ⁷
- olive oil
- sea salt and pepper

Utensils

- large saucepan
- medium frypan
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

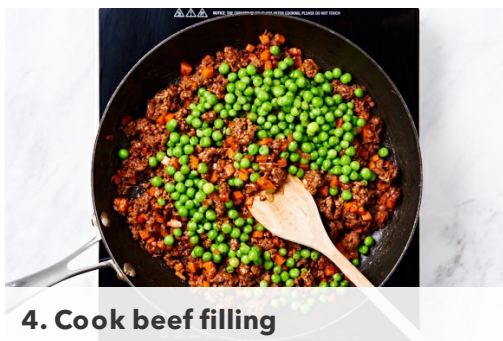
Nutrition per serving

Energy 780kcal, Fat 36.4g, Carbs 54.7g, Proteins 49.6g



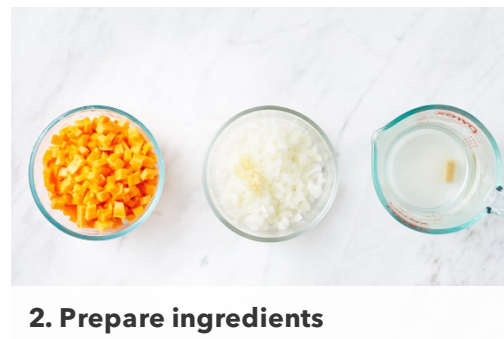
1. Cook potatoes

Peel and cut the **potatoes** into small chunks. Put in a large saucepan of water. Add a pinch of **salt** and bring to the boil. Reduce the heat to medium and cook for 12 mins until tender.



4. Cook beef filling

Add the **stock mixture** and bring to the boil. Reduce the heat to low and cook, stirring occasionally, for 10 mins or until thickened. Add the **peas** to the beef mixture and cook for 3 mins. Remove the pan from the heat.



2. Prepare ingredients

Meanwhile, finely chop the **onion**. Crush or finely chop the **garlic**. Peel and dice the **carrot**. Crumble **one of the stock cubes** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **160ml (2/3 cup) boiling water, Worcestershire sauce** and **tomato paste** to the stock and stir to combined.



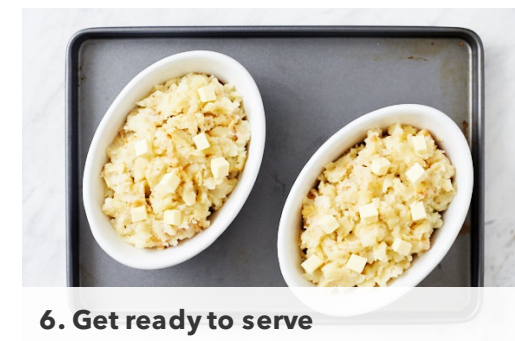
5. Mash potatoes

While the beef is cooking, preheat the oven grill to high. Bring a small saucepan of water to the boil for the beans. Trim the **beans**. Drain the **potatoes** and return to the pan. Add **half the butter** and **2 tbs milk** to the potatoes, season with **salt and pepper**, then mash until smooth.



3. Start beef filling

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **onion, garlic** and **carrot** for 5 mins or until softened. Season with **salt and pepper**. Increase the heat to high, add the **beef** and cook for 3-4 minutes, breaking up mince with a spoon, until browned.



6. Get ready to serve

Cook the **beans**, in the pan of boiling water, for 4-5 minutes until tender, then drain. Meanwhile, divide the **beef filling** among 2 individual pie dishes or 1 large pie dish. Spoon over the **mash** to form a pie crust. Dot with the **remaining butter** and grill for 3-5 mins until golden. Serve **pies** with the **beans** on the side.