

# MARLEY SPOON



## Lamb Cottage Pie

with Sweet Potato Mash



20-30min



2 Portions

This heartwarming and delicious cottage pie is as comforting as a hug from Grandma. The buttery sweet potato topping adds a luscious decadence and boosts the veggie count. But the best part is the speed - using a couple of clever shortcuts this version is super quick version is perfectly suited to busy weeknight cooking.

## What we send

- onion
- garlic
- feta <sup>7</sup>
- lamb mince
- sweet potato
- carrot
- diced tomatoes
- dried oregano
- rocket leaves

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- balsamic vinegar <sup>17</sup>
- butter <sup>7</sup>
- extra virgin olive oil
- olive oil
- sea salt and pepper
- sugar

## Utensils

- 1L (4 cup) baking dish
- box grater
- medium saucepan
- oven tray
- potato masher

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

## Cooking tip

Evaporate that moisture, as dry spuds make fluffy mash. ~Creating a textured crust will help it crisp under the grill.

## Allergens

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

## Nutrition per serving

Energy 700kcal, Fat 37.2g, Carbs 44.1g, Proteins 39.7g



### 1. Prepare ingredients

**Read through the recipe.** Bring a medium/large saucepan of salted water to the boil for the sweet potatoes. Peel and cut the **sweet potatoes** into 4cm chunks. Finely chop the **onion**. Crush or finely chop the **garlic**. Peel and coarsely grate the **carrot/s**.



### 4. Make sauce

Add half the\*/the tomato paste and cook, stirring, for 1 min or until well coated. Add the **tomatoes**, stock **Italian seasoning** and a **pinch of /½ tsp sugar** to the **lamb mixture** and bring to a simmer. Reduce the heat to medium and cook for 8 mins or until the sauce is thickened. Taste, then season with **salt and pepper**. Spoon into a 750ml (3 cup)/1.5L (6 cup) baking dish.



### 2. Cook sweet potato

Add the **sweet potato** to the pan of boiling water and cook for 10 mins or until tender. Drain and return to the pan, over low heat, stirring, for 10-20 secs until any water is evaporated (see cooking tip). Crumble 1 stock cube\* / the stock cubes into a heatproof jug, add 180ml (¾ cup)/ 375ml (1½ cups) water and stir to dissolve.



### 5. Mash potato

Meanwhile, heat the oven grill to high. Add **15g/30g butter** to the **sweet potato**, then mash until smooth. Taste, then season with salt and pepper. Spoon the **sweet potato mash** over the **lamb mixture** to completely cover and using a fork, create a textured finish (see cooking tip). Place the dish on an oven tray.



### 3. Cook lamb

Meanwhile, heat **1 tbs/2 tbs olive oil** in a medium/large deep frypan over medium heat. Add the **onion, garlic, carrot**, season with **salt and pepper** and cook, stirring, for 5 mins or until softened. Increase the heat to high, add the **lamb mince** and cook, breaking up the lumps with a spoon, for 2 mins or until browned.



### 6. Get ready to serve

Grill the **cottage pie**, checking regularly, for 6 mins or until the top is lightly charred. Meanwhile, combine **2 tsp/1tbs extra virgin olive oil** and **1 tsp/2 tsp balsamic vinegar** in a large bowl and season with **salt and pepper**. Add the **rocket**, crumble in the **feta** and toss to combine. Serve the **cottage pie** with the **rocket salad**.