

MARLEY SPOON



Shepherd's Pot Pie

with Mash and Peas



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

- 2 potatoes
- 1 onion
- 2 garlic cloves
- 1 carrot
- 2 vegetable stock cubes
- 1 tbs worcestershire sauce¹⁷
- 50g tomato paste
- beef mince
- 150g peas
- 200g green beans

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

What you'll require

- sea salt and pepper
- boiling water
- olive oil
- butter⁷
- milk⁷

Utensils

- medium saucepan
- medium frypan
- small saucepan
- 1L (4 cup) baking dish

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 760kcal, Fat 34.2g, Carbs 54.7g, Proteins 49.5g



1. Cook potatoes

Read through the recipe. Peel and cut the **potatoes** into small chunks. Put in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 12 mins or until tender.



2. Prepare ingredients

Meanwhile, finely chop the **onion**. Crush or finely chop the **garlic**. Peel and finely chop the **carrot**. Crumble **1 stock cube*** into a heatproof jug, add the **worcestershire sauce, tomato paste** and **160ml (2/3 cup) boiling water** and stir to combine.



3. Start beef filling

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



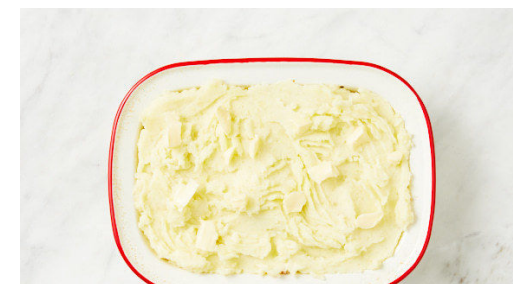
4. Cook beef filling

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



5. Mash potatoes

While the beef mixture is cooking, preheat the 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. Cook the **beans**, in the pan of boiling water, for 4-5 mins until tender, then drain.



6. Get ready to serve

Transfer the **beef filling** to a 1L (4 cup) baking dish. Spoon over the **mash** to form a pie crust and dot with the **remaining butter**. Grill for 3-5 mins until golden. Serve the **pie** with the **beans** on the side.