



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CAULIFLOWER

Cauliflower is anti-inflammatory and antioxidant-rich, and may boost your heart and brain health.



2. BEEF COTTAGE PIE

WITH CAULIFLOWER TOP

 40 Minutes

 2 Servings

A classic comfort meal but with a twist! A rich tomato and rosemary beef pie filling topped with fluffy cauliflower mash and grilled in the oven until golden.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
47.5g	18g	15g

FROM YOUR BOX

SHALLOT	1
CARROT	1
GARLIC	1 clove
ROSEMARY	1 sprig
BEEF MINCE	300g
ZUCCHINI	1/2 *
CHOPPED TOMATOES	400g
CAULIFLOWER	1/2
CHIVES	1/3 bunch *
RICOTTA CHEESE	1/2 tub *
MESCLUN LEAVES	1/2 bag (100g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, 1/2 stock cube (of choice), flour (of choice)

KEY UTENSILS

oven dish, frypan, saucepan, stick mixer (optional)

NOTES

For a smoother cauliflower mash use a stick mixer. Add butter for a rich finish.

Dress the salad with olive oil if desired.

No beef option - beef mince is replaced with chicken mince.



1. SAUTÉ THE VEGETABLES

Set oven grill to 220°C. Bring a saucepan of water to the boil.

Heat a frypan over medium-high heat with **oil**. Chop shallot, carrot, garlic and rosemary. Add to pan as you go. Cook for 4 minutes, or until softened. Stir in **1 tbsp flour**.



2. SIMMER THE BEEF SAUCE

Add beef mince to frypan and cook for 5 minutes. Dice and add zucchini. Crumble in **1/2 stock cube**. Add chopped tomatoes, **1/4 cup water** and simmer for 10 minutes, or until thickened. Season to taste with **salt and pepper**.



3. COOK THE CAULIFLOWER

Meanwhile, cut cauliflower into florets. Add to boiling water to cook for 8-10 minutes, or until softened.



4. MASH THE CAULIFLOWER

Drain cauliflower and mash using a stick mixer until smooth (alternatively mash). Season with **salt and pepper**. Slice chives and stir through mash.



5. ASSEMBLE + BAKE THE PIE

Transfer beef sauce to an oven dish and spread cauliflower mash on top. Dot with ricotta cheese. Grill in oven for 5-10 minutes, or until golden.



6. FINISH AND PLATE

Divide cottage pie between plates and serve with side of mesclun leaves.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

