



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

 4 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
43g	14g	14g

## FROM YOUR BOX

BROWN ONION	1
CARROTS	2
GARLIC	2 cloves
ROSEMARY	1 sprig
BEEF MINCE	600g
SLICED MUSHROOMS	1 punnet (200g)
CHOPPED TOMATOES	400g
CAULIFLOWER	1
CHIVES	1/2 bunch *
MESCLUN LEAVES	1/2 bag (100g) *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, 1 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 onion, carrots, garlic and rosemary. Add to pan as you go. Cook for 4 minutes, or until softened. Stir in **2 tbsp flour**.



### 2. SIMMER THE BEEF SAUCE

Add beef mince to frypan and cook for 5 minutes. Add mushrooms and crumble in **1 stock cube**. Add chopped tomatoes, **1/2 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. 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.