



Product Spotlight: Cauliflower

While most people choose to eat only the florets, the stem and leaves are also edible and are great for soups and stocks!



Beef Cottage Pie with Cauliflower Top

Beef cottage pie; a warming, hearty classic, with a nutritious twist! Flavourful, packed full of veggies and topped with mashed cauliflower.



40 minutes



4/6 servings



Beef

Switch it up!

Don't want to wash extra dishes? Use an oven-proof frypan to cook the pie filling, top with mash and bake. Alternatively, skip baking altogether! Serve the pie filling as a stew with mash on the side.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	44g	17g	36g/40g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEDE	1	2
CARROTS	2	3
BROWN ONION	1	1
CELERY STICKS	2	3
KALE	1 bunch	1 bunch
BEEF MINCE	600g	600g + 300g
SHEPHERD'S PIE SPICE MIX	1 packet	2 packets
TOMATO PASTE	2 sachets	3 sachets
CAULIFLOWER	1	1 1/2

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, balsamic vinegar

KEY UTENSILS

large frypan, saucepan, oven dish

NOTES

Use kale to taste. Leftover kale can be blended into smoothies baked into kale chips, stirred into pasta or risotto, or added to omelettes or scrambled eggs.

For whipped cauliflower, use a stick mixer to mash the cauliflower. For extra flavour, add 1-2 tbsp butter.

Substitute water with beef stock, or season filling with soy sauce or Worcestershire sauce.



1. PREPARE INGREDIENTS

Bring a large saucepan of water to a boil and set oven to grill function or 250°C.

Dice **swede**, **carrots**, **onion**. Slice **celery**. Remove **kale leaves** (see notes) from stems and roughly tear or chop.



4. SIMMER THE FILLING

Whisk together **2 cups water** (see notes) and **2 tbsp cornflour**. Add to filling and simmer, semi-covered, for 10-15 minutes until **carrot** and **swede** are tender. Season with **2 tsp balsamic vinegar**, **salt** and **pepper**.

6P – whisk together **3 cups water** (see notes) and **3 tbsp cornflour**. Season filling with **3 tsp balsamic vinegar**, **salt** and **pepper**.



3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat. Add **beef mince** and **onion**. Cook for 5 minutes, breaking mince up with the back of a spoon. Add **celery**, **carrots**, **spice mix** and **tomato paste**. Sauté for 5 minutes.



5. BAKE THE PIE

Transfer **filling** to an oven dish (see cover notes). Top with **mashed cauliflower** and drizzle over **oil**. Bake for 5 minutes or until slightly golden on top.



3. MASH THE CAULIFLOWER

Roughly chop **cauliflower**. Add to boiling water and cook for 10 minutes or until soft. Drain and use a potato masher (see notes) to mash. Season to taste with **salt** and **pepper**.



6. FINISH AND SERVE

Serve **pie** tableside for everyone to serve themselves.

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