



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Cottage Style Beef

Rich savoury beef mince with vegetables in a comforting gravy, served over creamy mashed potato.



30 minutes



Beef



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
BROWN ONION	1	1
CARROTS	2	2
CELERY	1 stalk	2 stalks
RED CAPSICUM	1	2
ROSEMARY	1 stalk	1 stalk
BEEF MINCE	600g	600g + 300g
PIZZA PASTE	1 sachet	2 sachets

FROM YOUR PANTRY

oil for cooking, salt and pepper, flour (of choice), soy sauce (or worcestershire sauce)

NOTES

Transform this dish into a cottage pie: spoon beef into baking dish, top with mash and sprinkle with parmesan. Bake at 200°C for 15–20 minutes until golden.

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1. COOK THE POTATOES

Roughly chop **potatoes**. Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Reserve **1/2 cup cooking liquid** before draining. Return **potatoes** to saucepan along with reserved cooking liquid. Mash to desired consistency. Season well with **salt and pepper**.

6P – reserve 3/4 cup cooking liquid (or use 3/4 cup milk)

TIP *Peel potatoes for a smoother mash. Use milk instead of cooking liquid for a creamier finish. Add a knob of butter for extra flavour and richness.*

2. SAUTÉ THE VEGETABLES

Dice **onion**, **carrots**, **celery** and **capsicum**. Chop **rosemary leaves**. Heat a large frypan over medium–high heat with **oil**. Add all to pan and sauté for 5 minutes until beginning to soften.

3. SIMMER THE BEEF

Add **beef mince** to pan. Cook for 5 minutes, breaking up with spoon until browned. Stir in **pizza paste**, **1 tbsp flour** and **2 tbsp soy sauce**. Pour in **1 1/2 cups water** and simmer for 10 minutes. Season with **salt and pepper** to taste.

6P – add 1 1/2 tbsp flour, 2–3 tbsp soy sauce and 2 cups water.

TIP *Add some ground paprika, fennel seeds or crushed garlic for depth of flavour. Stir in 1/4 cup olive oil for a rich, glossy finish.*

4. FINISH AND SERVE

Spoon **mashed potato** into bowls. Top with **cottage-style beef** and **sauce**.

TIP *Garnish with chopped parsley or cracked black pepper if desired.*

This recipe has simplified instructions to help lower your meal cost.