



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Sweet Potato Beef Cottage Pie

A nourishing twist on a family favourite—this hearty beef cottage pie is topped with creamy sweet potato mash for a naturally sweet and vibrant finish.



30 minutes



4/6 servings



Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
MEDIUM POTATOES	2	3
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	1
TOMATO	1	2
CELERY STALKS	2	3
CARROT	1	2
TOMATO PASTE	2 sachets	3 sachets

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried herb of choice, flour (of choice)

NOTES

Use an ovenproof pan to save on washing up.

This recipe can be bulked up with extra vegetables like mushrooms, peas or zucchini if you have them on hand.

You can serve this dish with a side of steamed greens such as broccolini or green beans.

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1. MAKE THE MASHED POTATOES

Set oven grill to 220°C. Dice **sweet potatoes** and **potatoes**. Place in a saucepan and cover with water. Bring to a boil and cook for 15 minutes or until soft. Drain and mash until smooth. Season with **salt and pepper**.

TIP *Peel the potatoes and mash with milk and butter for a creamier finish.*

2. COOK THE PIE FILLING

Heat a frypan over medium–high heat with **oil** (see notes). Add **beef** and cook, breaking down, until sealed. Dice **onion**, **tomato** and **celery**. Grate **carrot**. Add all to pan as you go. Stir in **1 tbsp flour**, **2 tsp dried herb**, and **tomato paste**, and cook for 1–2 minutes. Add **1 cup water**, stir to combine, and let simmer for 5 minutes until thickened. Season with **salt and pepper**.

6P – stir in **1 1/2 tbsp flour**, **3 tsp dried herb and tomato paste**, and cook for 1–2 minutes. Add **3/4 cup water**, stir to combine, and let simmer for 5 minutes until thickened.

TIP *Add crushed garlic, a spoon of mustard or a splash of soy sauce for extra flavour.*

3. BAKE THE PIE

Transfer **beef mixture** to an ovenproof dish (or keep in ovenproof frypan). Spread **mash** over the top. Drizzle with **olive oil** and place under grill for 5–8 minutes until golden.

TIP *Add some grated cheese on top if you have some!*

4. FINISH AND SERVE

Serve **pie** at the table.

TIP *Serve with a relish or tomato sauce if preferred.*

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