




### Product Spotlight: Cauliflower

Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



## 3 Curried Beef Pie

A warm twist on the classic cottage pie. Beef mince and vegetables cooked in a curried tomato sauce, baked in the oven with golden cauliflower mash on top.

 40 minutes

 2 servings

 Beef

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### Spice it up!

*Add some grated cheese on top of the cauliflower mash before grilling for an extra indulgent finish! If you don't feel like curry spices in your pie you can use dried herbs instead.*

Per serve: **PROTEIN** 39g **TOTAL FAT** 9g **CARBOHYDRATES** 30g

## FROM YOUR BOX

CAULIFLOWER	1/2
BROWN ONION	1
CARROT	1
CELERY STICK	1
RED CAPSICUM	1/2 *
GARLIC CLOVE	1
BEEF MINCE	300g
CHOPPED TOMATOES	400g
WATERCRESS	1/2 sleeve *
BASIL	1/3 packet (20g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, curry powder, dried oregano, balsamic vinegar

## KEY UTENSILS

large frypan, saucepan, stick mixer or food processors oven dish

## NOTES

Curry powder can vary in heat. If you are sensitive to spice, add less in.

**No beef option** – beef mince is replaced with chicken mince.



### 1. COOK THE CAULIFLOWER

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

Cut cauliflower into florets. Add to boiling water to cook for 8-10 minutes or until softened (see step 4).



### 4. MAKE CAULIFLOWER TOP

Drain cauliflower and mash using a stick mixer until smooth (alternatively mash using a potato masher). Season with **salt and pepper**.



### 2. SAUTÉ THE VEGETABLES

Meanwhile, heat a frypan over medium-high heat with **oil**. Chop onion, carrot, celery and capsicum. Crush in garlic clove. Add **1/2 tsp oregano** and **1 tbsp curry powder** (see notes). Cook for 5 minutes until softened.



### 5. ASSEMBLE + BAKE PIE

Transfer beef sauce to an oven dish and spread cauliflower mash on top. Grill in oven for 5-10 minutes, or until golden. Meanwhile, trim watercress and place in a bowl. Drizzle with **balsamic vinegar** and **olive oil**.



### 3. SIMMER THE SAUCE

Add beef mince to frypan and cook for 5 minutes. Stir in chopped tomatoes, **1/4 cup water** and simmer for 10 minutes, or until thickened. Season to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Divide curried pie between plates, garnish with sliced basil and serve with side of watercress.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

