



### 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

 4 servings

 Beef

14 September 2020

## Spice it up!

*Add some grated cheese on top of the cauliflower mash before grilling for an extra indulgent finish!*

Per serve: **PROTEIN** 39g **TOTAL FAT** 9g **CARBOHYDRATES** 23g

## FROM YOUR BOX

CAULIFLOWER	1
BROWN ONION	1
CARROT	1
CELERY STICKS	2
GARLIC CLOVES	2
ZUCCHINI	1
BEEF MINCE	600g
CHOPPED TOMATOES	400g
GEM LETTUCE	3-pack

*\*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 processor, oven dish

## NOTES

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

**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).



### 2. SAUTÉ THE VEGETABLES

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



### 3. SIMMER THE SAUCE

Add beef mince to frypan and cook for 5 minutes. Stir in chopped tomatoes, 1/2 cup water and simmer for 10 minutes, or until thickened. Season to taste with salt and pepper.



### 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.



### 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, wedge and rinse gem lettuce. Place in a bowl. Drizzle with balsamic vinegar and olive oil.



### 6. FINISH AND PLATE

Divide curried pie between plates and serve with side of gem lettuce.

**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](mailto:hello@dinnertwist.com.au)

