



BEEF COTTAGE PIE WITH CHEESY MASH

Serves 5 | Serves of Veg 3 | 0:30 Prep | 0:30 Cook



NUTRITION PANEL

NUTRITION INFORMATION		
Servings per package: 5		
Serving size:	450 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2090 kJ	465 kJ
Protein	50.6 g	11.2 g
Fat, total	20.2 g	4.5 g
- saturated	9.7 g	2.2 g
Carbohydrate	24 g	5.3 g
- sugars	5.9 g	1.3 g
Sodium	1960 mg	435 mg

SHOPPING LIST

- Potato
- Brown Onion
- Carrot
- Beef Mince
- Beef Stock Cube
- Baby Spinach
- Butter
- Parmesan
- Olive Oil
- Garlic
- Rosemary
- Tomato paste
- Dried Italian Herbs
- Milk
- Salt & Pepper
- Green Beans

SCAN QR FOR MORE RECIPE IDEAS



Ingredients

- 700g Potato
- 2 tbsp olive oil
- 1 brown onion, finely chopped
- 2 garlic clove, minced
- 2 carrot, finely chopped
- 2 tsp rosemary, chopped
- 650g Beef mince, lean
- 3 tbsp tomato paste, salt reduced
- 2 beef stock cube, crumbled
- 2 tsp dried Italian herbs
- 3 cups baby spinach, fresh
- 3 tbsp butter
- ⅓ cup milk
- 400g green beans, trimmed ends
- 1 cup grated parmesan cheese
- Salt & Pepper, to taste

Recipe Steps



1. Preheat your oven to 200°C
2. Peel & chop **potatoes** into chunks. Add potatoes to a pot, cover with water & generous handful of **salt**. Bring pot to boil. Once boiling, set timer to 12 mins. Cook potatoes until tender enough to poke with a fork.
3. Meanwhile, prepare **onion, garlic, carrot & rosemary**.
4. Bring a large saucepan or frying pan to medium-high heat & add olive oil. Sauté **prepared vegetables**, stirring for 5 mins until softened.
5. Add **beef mince** to the pan & cook until browned, breaking up any lumps with a spoon.
6. Stir in the **tomato paste, crumbled beef stock cubes, & dried Italian herbs**. Cook for another 2 minutes.
7. Drain **potatoes** & return to cooking pot. Add **butter, milk & half the parmesan cheese**, mash together until smooth. **Season** to taste.
8. Add the **baby spinach** to the pan, stir in until wilted. Season to taste.

Time Saver: you can serve hot beef mince & mash now with remaining parmesan cheese sprinkled on top & side of steamed **green beans**

Oven Baked:

1. Spread beef mixture evenly into oven-safe pan. Top with the mashed potato, spreading it out to cover the filling.
2. Sprinkle the **remaining parmesan cheese** over potato.
3. Bake in the preheated oven for 20-25 minutes, or until the potato topping is golden & the filling is bubbling.
4. Serve with steamed **green beans**.