

My 'Elevated' Cottage Pie

Sometimes the best meals aren't fancy, they're familiar favourites with a little nutritional upgrade.

My take on an old-fashioned Cottage Pie is packed with veggies, full of flavour and has quickly become a family favourite. Comfort food with plenty of goodness on the plate! (NOTE: This recipe makes two pies so halve it if you just want one)



Ingredients

- 1 1/2 tbsp olive oil
- 2 garlic cloves , minced
- 1 onion, finely chopped
- 3-4 carrots, diced
- 5-6 celery stalks, diced
- 500g green beans, diced
- Bunch of kale, chopped
- 2kg beef mince
- 1/4 cup (40g) plain flour
- 1/2 cup (110g) tomato paste
- 3 cups (750 ml) beef stock
- 1 cup (250 ml) red wine (or water)
- 1 beef bouillon cube, crumbled
- 4 Tbsp Worcestershire sauce
- 2 tsp dried fresh thyme)
- 4 dried bay leaves
- 1 1/2 tsp salt
- 1 tsp black pepper
- Mashed sweet potato for the topping (I use Thermomix recipe)

Method

- Heat oil in a large skillet over medium high heat. Add onion and garlic, cook for 1 minute.
- Add beef and cook, breaking it up as you go, until browned.
- Add veggies and cook for 3 minutes.
- Add remaining ingredients.
- Bring to simmer, then turn down heat so it is simmering rapidly. Cook for 30 minutes, stirring occasionally, until it reduces down to a gravy consistency..
- Transfer to pie dish and top with mashed sweet potato. Flush the top with a fork.
- Place under a grill to brown the sweet potato.

NOTE: Makes great leftovers and freezes well