

Date Prepared

COTTAGE PIE WITH SWEET POTATO



GEORGES RIVER
LIFE CARE



NUTRITIONAL INFORMATION

Serves 4

Energy	2146kJ
Fat saturated	12.00g
Fat Total	26.00g
Carbohydrate	17.00g
Dietary Fibre	7.00g
Protein	34.00g

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium brown onion, finely chopped
- 1 medium carrot, peeled, finely chopped
- 2 celery stalks, trimmed, finely chopped
- 500g beef mince
- 2 teaspoons worcestershire sauce
- 2 tablespoons tomato paste
- 400g can crushed tomatoes
- 1 teaspoon dried mixed herbs
- 2/3 cup frozen peas
- 600g orange sweet potato, peeled, chopped
- 1/4 cup milk
- 20g butter
- 1/3 cup grated cheddar cheese

FREEZING INFORMATION

To freeze: cool, freeze in foil tray for up to 1 month

To thaw: thaw in fridge for 24 hours

To reheat: set oven to 180C/160C fan-forced, remove lid, bake for 30 minutes or until heated through and golden.

METHOD

1. Heat oil in large saucepan over medium heat. Add onion, carrot and celery. Cook, stirring, for 3 to 4 minutes or until onion has softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned.
2. Add worcestershire sauce, tomato paste, tomato and herbs. Bring to the boil. Reduce heat to low. Simmer for 20 to 25 minutes or until thickened. Stir in peas.
3. Meanwhile, cook potato in a saucepan of boiling water for 8 minutes or until just tender. Drain. Return to pan. Add milk and butter. Mash until smooth. Spoon beef mixture into a foil tray. Top with potato mixture. Sprinkle with cheese.

Please fix this label to the top of the tray

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