

Mushroom, kumara & beef cottage pie



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Preparation 30 mins | Cooking 1 hour | Serves 4

- 1 tbs olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 500g lean beef mince
- 250g button mushrooms, finely chopped
- 1 celery stick, finely chopped
- 1 large carrot, finely chopped
- 2 tbs tomato paste
- 1 cup beef stock
- 400g can diced tomatoes
- 2 tbs Worcestershire sauce
- 800g kumara (orange sweet potato), peeled & diced
- 50g chilled butter, diced
- ½ cup fat reduced milk, warmed
- ½ cup finely grated parmesan

STEP 1 Heat oil in a large frying pan over medium-high heat. Add onion and garlic and cook, stirring often, for 3-4 minutes until softened. Increase to high, add mince and cook, stirring to break up mince with a wooden spoon, for 4-5 minutes until browned.

STEP 2 Add mushrooms, celery and carrot to pan and cook, stirring often, for 3 minutes. Stir in tomato paste and cook for 1 minute. Add stock, tomatoes and Worcestershire sauce, cover and bring to the boil. Reduce heat and simmer, uncovered and stirring occasionally, for 15-20 minutes until thick. Season to taste.

STEP 3 Meanwhile, preheat oven to 200°C/180°C fan-forced. Bring kumara to the boil in a medium saucepan of cold water over high heat. Reduce heat and gently boil for 12-15 minutes or until tender. Drain and return kumara to saucepan. Toss over low heat until dry. Remove from heat and roughly mash. Beat in butter and milk until smooth. Season to taste.

STEP 4 Spoon mince mixture into a greased 6-cup (about 5cm deep) baking dish. Evenly top with mashed kumara. Sprinkle with parmesan. Bake for 20-25 minutes until bubbling and lightly golden and serve.