



More Than Food
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Sweet Potato Cottage Pie with Roasted Broccoli

Mimi's mum is said to make the absolute best cottage pie in the world. So, Mimi whipped up this recipe for her mum, with a bit of a twist, using sweet potato in the mash! This little trick adds more fibre, vitamins and delicious flavour to the mash. Thankfully Mrs Morley gave her seal of approval (with a lot of mmmmmms to go with it)!

45 mins

3 of your 5 a day

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Onion
(½)



Garlic Clove
(1)



Closed Cup Mushrooms
(1 punnet)



Broccoli
(1)



Sweet Potato
(½)



Potato
(½ pack)



Beef Mince
(250g)



Netherend Butter
(15g)



Tomato Purée
(1 tbsp)



Chopped Tomatoes
(½ tin)



Worcestershire Sauce
(½ tbsp)



Beef Stock Pot
(½)



Cheddar Cheese
(20g)

2 PEOPLE INGREDIENTS


- Onion, chopped ½
- Garlic Clove, grated 1
- Closed Cup Mushrooms, chopped 1 punnet
- Broccoli, florets 1
- Sweet Potato, chopped ½
- Potato, chopped ½ pack
- Beef Mince 250g

Allergens: Milk.

Nutrition as per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbohydrate | Sugars | Protein | Salt |
|--------------------|--------------------|------|----------|--------------|--------|---------|------|
| Per serving | 520 kcal / 2199 kJ | 14 g | 6 g | 56 g | 24 g | 43 g | 3 g |
| Per 100g | 76 kcal / 322 kJ | 2 g | 1 g | 8 g | 4 g | 6 g | 0 g |

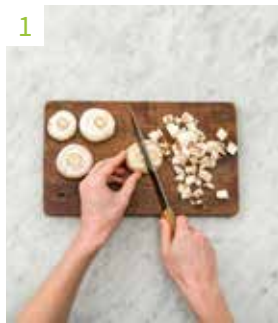
- Netherend Butter 15g
- Tomato Purée 1 tbsp
- Chopped Tomatoes ½ tin
- Worcestershire Sauce ½ tbsp
- Beef Stock Pot ½
- Cheddar Cheese 20g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Roasted broccoli maintains far more of its nutrients than boiled broccoli. In addition, the fat from the oil helps your body absorb more vitamin A from the broccoli.

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.



1

1 Peel and chop the **onion** into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press if you have one). Chop the **mushrooms** into roughly 1cm pieces. Separate the **broccoli** into florets and peel and chop the **potatoes** into roughly 2cm cubes.



2

2 Bring a large pot of water to the boil with a good pinch of **salt** and preheat your oven to 220 degrees. Put a large saucepan on medium heat with a glug of **oil** and add your **onion**. Cook for 4 mins until soft and then add your **garlic** and **mushrooms**. Cook for 3 mins then add the **beef mince** along with a pinch of **salt** and a good grind of **black pepper**. Cook your **beef** for about 4-5 mins or until browned. Break it up with a spoon as it cooks.



3

3 Meanwhile, add your **potatoes** to the boiling water and cook for 15-20 mins. **Tip:** *The potatoes are cooked when you can easily slip a knife through.* Once they are cooked, drain them, put them back in the pot and add the **butter** and a splash of **milk** (if you have some), along with a pinch of **salt** and a good grind of **black pepper**. Mash until smooth.



4

4 When your **beef** has browned, add the **tomato purée**, **chopped tomatoes**, **Worcestershire sauce** and the **beef stock pot**. Bring to the boil, then reduce to a simmer and cook for 15 mins to thicken.

5 When your **beef** has been cooking for 15 mins, transfer it to an ovenproof dish, spread your mash on top, then grate over the **cheese**. Pop your dish on the top shelf of your oven for 15-20 mins.

6 Put your **broccoli** onto a baking tray, sprinkle over a pinch of **salt** and a good grind of **black pepper** along with a drizzle of **oil**. When your **cottage pie** has been in your oven for 5 mins, put your **broccoli** on the middle shelf for 10-15 mins.

7 While everything is in the oven, give your kitchen a quick tidy and put your feet up!

8 When your **cottage pie** is bubbling and golden brown, get it out of your oven and serve on plates with your **roasted broccoli** on the side.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!