



Minced
Beef
RECIPE

Spicy Cottage Pie with Sweet Potato Topping

Ingredients

500g minced beef
1 teaspoons of vegetable oil
1 onion chopped
2 garlic clove crushed
1 carrot chopped
2 stalks of celery – finely chopped
1 can of tomato
1 tablespoon of tomato puree
1 teaspoon of chilli powder
650g of sweet potato

Method

Heat the oil a large non-stick pan add the onions, garlic, celery and carrot and cook for 4-5 minutes until softened. Add the mince, break it up and cook for 5-7 minutes until brown. Add the chilli powder, tomato puree and tinned tomato and simmer for 20 minutes. Meanwhile, peel and boil the sweet potato in a sauce pan until tender (approx. 8-10 minutes) mash the sweet potato with a little milk until smooth. Spoon the beef in to a large ovenproof dish and top with the sweet potato. For some extra indulgence top with a little grated cheese before placing in a pre-heated oven to cook for a further 25 minutes at 180°C. Serve with a lovely crisps side salad.

Top Tip - Sweet potato counts towards your 5 a day of fruit and veg. White potatoes do not. This lovely dish is packed with vegetables and flavour. Try adding other spices such as cumin or sweet paprika for more of a kick.

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