



Beef cottage pie (family)



Serves: 6-8

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Olive oil (Carbonell)	4	tsp		
Beef chuck steak (trimmed, cut into 3cm pieces)	800	g		
Onion (sliced)	1			
Leek (sliced)	½			
Garlic (crushed)	1	clove		
Plain flour (White wings)	1	Tbsp	Wheat	Wheat/gluten-free flour
Tomato paste (Leggos)	1	tsp		
Crushed tomatoes (Ardmona tinned)	1 can	400g		
Carrots (peeled, chopped)	1	large		
Celery (trimmed, chopped)	1	stick		
Capsicum (chopped)	½	small		
Potato topping				
Potatoes (peeled, chopped)	350	g		
Milk	100	ml	Milk (dairy)	Dairy free milk (e.g. rice milk)
Margarine (Meadowlea original)	1	Tbsp	Milk (dairy), Soy	Dairy free and soy free margarine (e.g. Nuttelex)

Procedure

- Step 1: Heat 2 tsp oil in a large saucepan over medium - high heat.
- Step 2: Cook beef pieces until browned all over. Transfer, with juices, to a bowl.
- Step 3: Add 2 tsp oil to the heated pan. Add onion, leek and garlic. Cook stirring until golden.
- Step 4: Return the browned beef and juices to pan.
- Step 5: Add carrot, celery and capsicum. Cook for 2-3 mins until vegetables have softened.
- Step 6: Add flour to saucepan and mix in. Add tomato paste and tinned tomatoes. Season with salt and pepper. Stir to combine.
- Step 7: Bring to the boil and allow to simmer for about 30 mins, until mixture is thickened.
- Step 8: Transfer cooked mixture to a baking dish.
- Step 9: Spoon over potato topping. Bake for 15 minutes at 200°C or until top is golden brown.
- Potato topping**
- Step 1: Cook potatoes in a saucepan of boiling water for 12 mins or until tender. Drain well, return to pan.
- Step 2: Mash potato, add milk and margarine. Mash until smooth.

Common allergens present:

<input checked="" type="checkbox"/> Milk (dairy)	<input type="checkbox"/> Egg	<input type="checkbox"/> Fish	<input type="checkbox"/> Crustacean	<input type="checkbox"/> Mollusc
<input type="checkbox"/> Sesame	<input type="checkbox"/> Lupin	<input checked="" type="checkbox"/> Soy	<input type="checkbox"/> Peanut	<input checked="" type="checkbox"/> Wheat
<input type="checkbox"/> Barley	<input type="checkbox"/> Oats	<input type="checkbox"/> Rye	<input checked="" type="checkbox"/> Gluten	
Tree nuts:				
<input type="checkbox"/> Almond	<input type="checkbox"/> Brazil nut	<input type="checkbox"/> Cashew	<input type="checkbox"/> Hazelnut	<input type="checkbox"/> Macadamia
<input type="checkbox"/> Pecan	<input type="checkbox"/> Pine nut	<input type="checkbox"/> Pistachio	<input type="checkbox"/> Walnut	