

Beef cottage pie

Serves 6-8

| Ingredients | Quantity | Common allergens present | Alternative ingredients/modifications |
|--|----------|--------------------------|---------------------------------------|
| Olive oil | 1 Tbx | | |
| Beef chuck steak, trimmed, cut into 3cm pieces | 800g | | |
| Onion, sliced | 1 | | |
| Leek, sliced | 1/2 | | |
| Garlic cloves, crushed | 1 | | |
| Plain flour | 1 Tbs | wheat | Wheat/gluten-free flour |
| Tomato paste | 1 tsp | | |
| Carrots, peeled, chopped | 1 large | | |
| Celery, trimmed, chopped | 1 stick | | |
| Capsicum, chopped | ½ small | | |
| Potato topping | | | |
| Potatoes, peeled, chopped | 350g | | |
| Milk | 100ml | Cow's milk | Dairy free milk (e.g. rice milk) |
| Margarine | 1 Tbs | Cow's milk | Dairy free margarine (e.g. Nuttelex) |

Home Method

1. Heat 2 tsp oil in a large saucepan over medium - high heat.
2. Cook beef pieces until browned all over. Transfer, with juices, to a bowl.
3. Add 2tsp oil to the heated pan.
4. Add onion, leek and garlic. Cook until golden.
5. Return the browned beef and juices to pan.
6. Add carrot, celery and capsicum. Cook for 2-3 minutes until vegetable softened.
7. Add flour to saucepan and mix in. Add tomato paste and tinned tomatoes, salt and pepper. Stir to combine
8. Bring to the boil and allow to simmer for about 30 minutes, until mixture is thickened.
9. Transfer cooked mixture to a baking dish.
10. Spoon over potato topping. Bake for 15 minutes or until top is golden brown.



Potato mash topping

1. Cook potatoes in a large saucepan of boiling water for 12 minutes or until tender. Drain well and return to pan.
2. Mash potato, add milk and margarine. Season and mash until smooth.

Common allergens present:

Wheat

Gluten

Egg

Peanut

Tree nut

Cow's milk

Fish

Shellfish

Sesame

Soy

Lupin