







More Than Food
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Kylie's Super Mexican Cottage Pie

Who is this Kylie and why is this a super cottage pie? Kylie is a travelling filmmaker, who has created a few of our favourite guest recipes over the last few years. This one comes from a recent adventure she had in Mexico City; you can watch the short film she made by searching "Kylie Flavell in Mexico" on YouTube. Oh, and why super? Because it's chock full of body boosting goodness!



30 mins



spicy



healthy



5 of your
5 a day



Sweet Potato (1)



Green Pepper (1)



Carrot
(1)



Onion
(1)



Red Serenade Chilli
(1)



Beef Mince (250g)



Mexican Spice
(1½ tbsp)



Chopped Tomatoes
(1 tin)



Mozzarella Cheese
(1 ball)




Sour Cream
(½ pot)

2 PEOPLE INGREDIENTS

- Sweet Potato, chopped **1**
- Green Pepper, chopped **1**
- Carrot, chopped **1**
- Onion, sliced **1**
- Red Serenade Chilli, chopped **1**

- Beef Mince **250g**
- Mexican Spice **1½ tbsp**
- Chopped Tomatoes **1 tin**
- Mozzarella Cheese **1 ball**
- Sour Cream **½ pot**

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

Did you know...

Red chilli's are a fantastic source of vitamin C. Vitamin C can help increase the absorption of iron found in protein!

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	559 kcal / 2343 kJ	25 g	15 g	40 g	28 g	44 g	1 g
Per 100g	95 kcal / 397 kJ	4 g	3 g	7 g	5 g	7 g	0 g

1



1 Pre-heat your oven to 220 degrees. Peel and chop the **sweet potato** into 2cm cubes. Spread evenly on a baking tray, drizzle with **olive oil** and add a pinch of **salt**. Put in your oven to roast for 20 mins or until crisp around the edges.

4



2 Remove the core from the **pepper** and chop it in half lengthways. Chop each half into 1cm strips, then turn them widthways to chop into 1cm cubes. Peel and chop the **carrot** in half lengthways, then chop each half into ½cm strips. Turn widthways and chop into ½cm cubes. Peel and slice the **onion** in half lengthways, then thinly slice widthways (into half moons). Finely chop the **chillies**.

3 Heat a splash of **olive oil** in a frying pan on medium-high heat. Add your **pepper** and **carrot** and cook for 5 mins. Remove and put on a plate for later.

5



4 Heat a splash of **olive oil** in the (now empty) frying pan on medium-high heat. Once the pan is nice and hot (the oil will become thinner and move in the pan like water), add in the **beef mince**, spread it evenly, then leave it for 2 mins without stirring. Turn it over and cook for another 2 mins without stirring. **Tip:** *By leaving the beef alone it'll have a chance to really brown on the outside, improving the taste and the texture.*

5 Add your **onion** and **chilli** (less if you don't like spice!) to your pan when your beef is almost cooked. Turn the heat to medium and fry for 3 mins or until your **onion** is soft.

7



6 Add the **Mexican spice**, a large pinch of salt, a grind of pepper and the **chopped tomatoes** along with your **pepper** and **carrot**. Fill the tin a third with **water**, swirl it around and add to the pan. Allow to simmer and thicken.

7 Once your **beef mixture** has thickened, pour into an ovenproof dish. Top with your roasted **sweet potato** and torn **mozzarella**. Bake in your oven until your **cheese** has melted.

8 When golden, serve with a dollop of **sour cream** and get stuck in!

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