

August Recipe of the Month

Chunky Beef & Pea Pot Pies



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2 teaspoons vegetable or olive oil
1 small brown onion, finely chopped
300g kumara, cut into 1cm pieces
2 teaspoons mild curry powder
500g beef mince
400g can diced tomatoes
2 medium potatoes, cut into 2cm pieces
1½ cups frozen peas
60g butter, chopped
2 tablespoons sour cream
Mixed salad, to serve

1 Heat oil in a large saucepan over moderate heat. Add onion and kumara; cook and stir for 5 minutes or until onion is soft. Add curry powder; cook and stir for 1 minute or until fragrant. Add mince; cook, stirring with a wooden spoon to break up lumps, for 5 minutes or until browned. Add tomato and ¼ cup water. Bring to the boil; reduce heat to low. Simmer, stirring occasionally, for 10 minutes or until kumara is tender and mixture has thickened.

2 Meanwhile, place potato in a medium saucepan; cover with cold water. Bring to the boil. Boil for 10-12 minutes or until tender, adding peas in last 3 minutes of cooking. Drain; return to pan. Add half the butter and the sour cream; mash until almost smooth.

3 Preheat an oven-grill to high. Divide beef mixture evenly among 4 x 1-cup ovenproof dishes. Top with potato mixture; dot with remaining butter. Place on a baking tray. Grill for 3 minutes or until pea mixture is lightly browned. Serve with salad.