

Masher Man Pie

RECIPE SERVES
8-10

FOOD BANK
FIGHTING HUNGER
IN AUSTRALIA

Add grated sweet potato or pumpkin to the potato mixture for extra veg!

Ingredients

- 1 brown onion
- 2 garlic cloves
- Spray oil
- 500g lean beef mince
- 2 carrots
- 420g tin peas and corn
- 1 tablespoon salt-reduced beef stock powder
- 420g tin baked beans
- 4 medium potatoes
- 100g reduced fat cheese

Equipment

Chopping board, knife, frypan with lid, large spoon, measuring spoons, strainer, can opener, grater



1.

Dice onion and garlic. Spray frypan with oil and turn on to a medium heat. Add onion, garlic and beef to the frypan. Cook until browned.



2.

Chop carrot into small pieces. Drain peas and corn with a strainer. Add carrot, peas, corn and stock powder into the frypan. Stir to combine.



3.

Add baked beans into frypan and stir to combine. Turn frypan down to low heat. Grate potatoes.



4.

Spread grated potatoes on top of meat mixture in frypan. Grate cheese.



5.

Spread grated cheese on top of meat and potato mixture. Place lid on frypan and cook for 10 minutes or until cheese is melted.

