



Beef Sausage Shepherd's Pie

with carrots and green beans



ca. 40min



2 personen

Wat je van ons krijgt

- 1 zakje kruimige aardappels
- 1 wortel
- 1 ui
- 2 runderworsten
- 200g voorgesneden sperziebonen
- 1 blikje tomatenpuree
- 1 zakje runderbouillonpoeder

Wat je thuis nodig hebt

- 50ml melk ⁷
- 1el boter ⁷
- peper en zout
- 15ml plantaardige olie
- 15ml balsamicoazijn ¹⁷

Kookgerei

- oven met ovenschaal
- 2 middelgrote kookpannen
- dunschiller
- maatbeker
- aardappelstamper
- zeef of vergiet

Vergeet niet je versproducten van tevoren grondig te wassen. Voornamelijk de bladgroenten en slabladeren kunnen kleine steentjes bevatten.

Allergenen

melk (7), sulfieten (17). Kan sporen van andere allergenen bevatten.

Voedingswaarde per portie

calorieën 0kcal



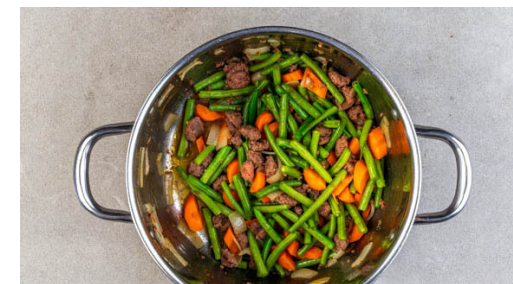
1. Cook potatoes

Preheat the oven to 250°C (230°C fan). Bring a medium pot with salted water to a boil for the potatoes. Peel the potatoes and cut them into 2-3cm large pieces. Add to boiling water and cook for ca. 15min. until fork tender.



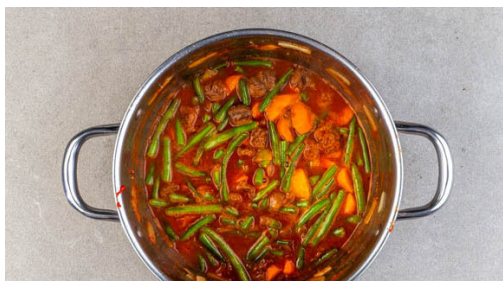
2. Prep ingredients

Meanwhile, peel or scrub the carrot, then cut in half lengthwise and cut carrot into thin half-moon slices. Peel onion and cut into quarter strips of 3-5mm width. Cut the sausages in half lengthwise and then into half-moon discs of 1-2cm.



3. Start ragout

In another medium pot on medium heat, add 1Tbsp plant oil and 1Tbsp of butter. Fry onions for 1-2min. until they just start to soften, then add the sausage pieces. Fry for another 1-2min. until the sausage starts to brown. Add the carrots and green beans and season with ½tsp of salt and a pinch of pepper. Turn heat down slightly if the ingredients stick to the pot or pick up too much color.



4. Cook ragout

Add the tomato paste to the pot and toast until it starts to slightly darken and become aromatic, 1-2min. Deglaze with 1Tbsp of balsamic vinegar, scraping all the bits off the bottom if anything has stuck. Add 200ml of water and ½ of the broth powder and bring to a boil. Once boiling, reduce to a simmer and let cook the ragout cook for 5-7min.



5. Mash potatoes

Drain potatoes through a sieve, return back to the pot and mash with 50ml of milk. Season with a pinch of salt and pepper.



6. Bake

Once the ragout has a thick saucy texture and the green beans are tender, season to taste with salt and pepper. Place the ragout into a medium baking dish and evenly spread potato purée on top. Bake Shepherd's Pie on the middle rack of the oven for ca. 10min., or until the mash is starting to become golden brown on top. Remove from the oven, let rest for a few minutes and enjoy.

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