

Steak Casserole with Sweet Potato Crust

Serves: 8

Prep time: 20 minutes

Cook time: 2 hours 10 minutes

 2 ½ serves per portion

Ingredients

1 tablespoon olive oil
1 onion, diced
2 shallots, diced
2 carrots, diced
2 celery sticks, diced
1kg steak, fat trimmed, diced
1 capsicum, diced
2 cups mushrooms, sliced
410g can baby corn, drained and sliced
420g can kidney beans, drained and rinsed
½ cup beef stock, salt reduced
½ cup vegetable stock, salt reduced
Black pepper, to taste
400g sweet potato, roughly chopped
¼ cup milk, reduced fat

Method

PREHEAT oven to 150°C.

HEAT oil in frypan over medium heat. Add onion, shallots, carrots and celery, cooking gently until onion begins to caramelize. Transfer to a bowl and set aside.

ADD steak to pan, cooking until sides begin to brown. Remove from heat.

LAYER the steak, onion mixture, capsicum, mushrooms, corn and beans in a large casserole dish.

COMBINE the beef and vegetable stock in a bowl, seasoning with black pepper. Pour over the steak and vegetables.

PLACE lid on dish and bake for around 2 hours.

MEANWHILE, bring a large saucepan of water to the boil. Add sweet potato and cook until tender. Drain and return to pot, and mash with milk and pepper to taste.

ADD to top of casserole in last 30 minutes of cooking time. Continue to bake until golden.

SERVE with steamed green beans.



Everyday Food

Recipe courtesy of Arlene Roberts, Mount Morgan