

Mince And Potato Bake

Servings: 6-8

Prep Time: 20min

Cook Time: 30-35min



Ingredients

- 4-5 large potatoes, washed – not peeled
- Green Onion Seasoning
- 2T (30ml) Olive or canola oil
- 2 medium onions, chopped
- 500g lean beef mince
- 2T (30ml) Beef Stock Powder
- 1T (15ml) flour
- 1 ripe tomato grated
- 2T (30ml) Tomato Pesto
- 2 red or yellow bell peppers, seeded and finely cubed
- 1 cup (250ml) water
- Garlic Pepper Seasoning
- 2T (30ml) chopped parsley
- **Cheese Topping**
- 1 x 200ml Cheese Sauce
- 2 eggs
- ½ cup (125ml) grated cheddar or gouda cheese (optional)

Directions

1. Pre-heat oven to 200degrees C. Boil the potatoes in their jackets until just cooked. Drain and leave on one side. Heat a large frying pan until very hot. Add the oil and as soon as the 'heat-wave' pattern appears add the onion and mince. Stir-fry with a fork, breaking up the lumps as you go. When the mince is cooked and crumbly, add the stock powder and flour and mix in. Add the grated tomato and tomato pesto, bell peppers and water. Simmer for 5min. Season to taste and add parsley.
2. Slice the potatoes with skins on into 5mm thick round and season generously with green Onion or Lemon & Black Pepper Seasoning.
3. Layer the mince and potatoes in an ovenproof dish, starting with mince and ending with potatoes – 2 layers of each. Prepare the topping by beating the cheese sauce with the eggs.
4. Pour this over the top potato layer and sprinkle with cheese. Bake for 30-35 min until nicely browned.