

## “CHUNKY BEEF & CAULIFLOWER PIE”

*600g beef chuck,  
blade, gravy or  
brisket, 3cm diced*

*1 tbsp olive oil*

*200g button  
mushrooms, halved*

*2 cloves garlic,  
finely chopped*

*2 tbsp  
tomato paste*

*500ml beef stock*

*1 tbsp flour*

*2 bunches spinach,  
washed and sliced*

*1 bunch dill,  
finely chopped*

*2 tbsp  
sour cream*

*½ head cauliflower,  
cut into florets*

*2 sheets butter  
puff pastry*

**SERVES:** 4 **PREPARATION:** 10 mins

**COOKING:** 2 hrs 25 mins

1. Preheat oven to 170°C.
2. Toss beef in oil. Heat a large cast iron casserole pot and brown in 2-3 batches. Set aside. Add mushrooms and garlic and cook until golden. Return beef to pan, add tomato paste and stir to coat. Add stock and bring to the boil.
3. Cover with a piece of baking paper and lid and place in oven for 1½ hrs or until beef is almost tender. Top up with a little water or stock if needed.
4. Remove casserole dish from oven, set aside. Sprinkle in flour and cook uncovered for 4-5 mins, until sauce has reduced and is thick.
5. Increase oven to 200°C. Add spinach, dill and beef, stir until combined. Stir in sour cream and then the cauliflower. Transfer to a 2L capacity ceramic baking dish.
6. Lay pastry over the pie and press down the edges to seal. Make a slit in the centre for steam to escape. Bake uncovered for 40 mins, or until golden and puffed.

### TIPS:

1. To reduce cooking time, try beef rump. Reduce stock to 250ml, skip step 3 and continue as per recipe.
2. Try English, baby or frozen spinach.