LET'S EAT!

MINCED BEEF AND VEGETABLE COBBLER

60 minutes

££



Allergens: gluten, celery, fish

What is it?

A cobbler or stew is a fantastic dish to use up lots of leftovers; veggies, potatoes, meat anything goes! And topped with a freshly handmade dumpling. Comfort food doesn't get much better than this!

MAKE IT FUN!

Getting your hands stuck in to make the dumplings is a messy job, enjoy it and make sure everyone gets a turn at the messy job!

What you'll need:

	For 2 people	3 people	4 people
Minced beef	200g	300g	400g
Onion (diced)	1/2	1	1
Garlic clove	1	1	2
Peas	100g	150g	200g
Chopped tomatoes	150g	200g	250g
Mixed herbs	½ tsp	1 tsp	1 tsp
Worchester sauce	1 tbsp	2 tbsp	2 tbsp
Self raising flour	80g	120g	160g
Atora suet	30g	50g	70g
Plain flour	20g	30g	40g
Beef stock	1 cube	1 cube	2 cubes
New potatoes	7	10	13
Leeks	1	1	1

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

Make the dumplings; put the self raising flour and suet in a bowl, add a tablespoon of water and use your (clean!) hands to kneed everything together. If it's too sticky add more flour or too dry a splash of water. Divide the mix into balls (2 per person) and chill in the fridge.

Step 2:



Fry the mince, chopped garlic and diced onions in a frying pan with a little oil over a high heat. Stir frequently to break up large chunks of mince, until the meat has browned all over. Add the plain flour, Worchester sauce and chopped tomatoes and stir. Add the beef stock and mixed herbs, and stir again to combine everything together. Turn the heat down and leave the mix to simmer.

Step 3:



Add the peas and transfer everything to an oven dish. Place your dumplings on top, just resting them in the juices of the meat mixture, not fully submerged. Cover the dish with a lid or some tin foil. Place in the oven at 160 degrees (gas 3) for around 20 minutes. Then remove the lid and cook for a further 10 minutes until the dumplings have plumped and feel firm to touch (you could check they are done by cutting one open, they should be fluffy inside).

Step 4:



Slice up the leeks and rinse them clean. Fry in a pan over a gentle heat until they are cooked (soft to taste), around 10 minutes. Meanwhile, add the new potatoes to a saucepan with water and boil until tender. Drain the water ready to serve. Remove the cobbler from the oven serve and enjoy!

DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME ★1 ★2 ★3 ★4 ★5 LET'S MAKE IT AGAIN!