



## Kiwi Mince & Beans

- Prep time: 5 mins  
 Cook time: 20 mins  
 Serves: 4-6



### Ingredients

- 1 onion, peeled and chopped
- 
- 500g lean beef mince
- 
- 400g can **Wattie's Crushed & Sieved Tomatoes**
- 
- 1-2 tsp Marmite or Vegemite
- 
- A good shake or two of **Lea and Perrins Worcestershire Sauce** (about 1 Tbsp)
- 
- 420g can **Wattie's Baked BeanZ**
- 

### Method

1. Heat a dash of oil in a frying pan and cook the onion until it begins to soften. Add beef mince and brown over a high heat, breaking up the mince if necessary with a fork.
2. Stir in **Wattie's Crushed & Sieved Tomatoes**, Marmite and **Lea and Perrins**. Simmer for 10 minutes.
3. Add **Wattie's Baked BeanZ** and continue cooking for a further 10 minutes until the mince is cooked and beans are hot.

### Tips

Serve stirred through hot penne pasta. Garnish with chopped parsley, basil or freshly grated Parmesan.



# Cottage Pie with Roasted Pumpkin Mash

 Prep time:	10 mins
 Cook time:	45 mins
 Serves:	4-6

## Ingredients

1 kg pumpkin

-----  
1x [Kiwi Mince & Beans recipe](#)  
-----

## Method

1. Preheat oven to 160°C (fan bake). Remove the seeds from the pumpkin and cut into pieces (the size of the pieces will affect the cooking time). Line a roasting dish with baking paper. Place pumpkin into a roasting dish skin side up. Pour over a little oil. Roast for 30-40 minutes until pumpkin is tender. Set aside to cool. This will make removing the skin easier.
2. While the pumpkin is roasting prepare the [Kiwi Mince & Beans recipe](#) .
3. **To assemble:** Increase oven temperature to 180°C (fan bake). Remove skin from the cooked pumpkin and place in a bowl. Mash with a fork until smooth. Season with freshly ground pepper (and a little salt if you like). Spoon the mince and beans into individual oven proof dishes or use one larger dish. Top with the mashed pumpkin. Put in the oven for 15-20 minutes until hot. Serve with your favourite vegetables on the side.

## Tips

We used crown pumpkin but any variety will work.

Replace the roasted pumpkin mash with creamy mashed potato or kumara.