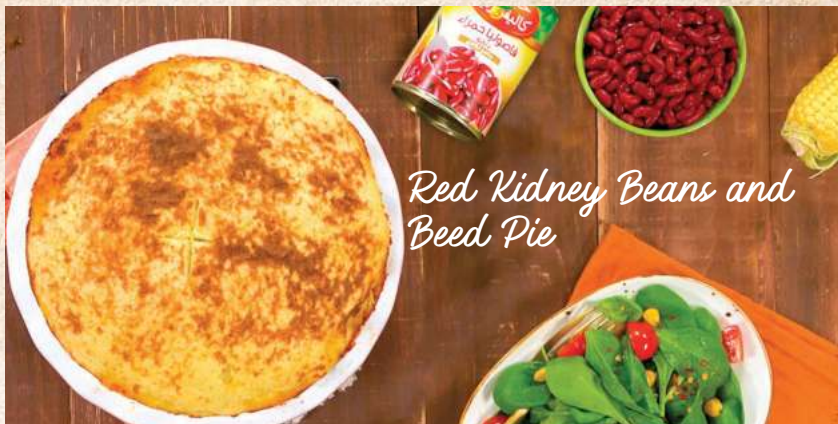


*"Tastier with your touch  
from iftar to suhoor .."*



## *Red Kidney Beans and Beed Pie*

### INGREDIENTS:

- 2 cans of California Garden Red kidney beans, drained
- 2 onions, chopped
- 500g lean beef mince
- 2 cloves garlic, crushed
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- ½ tsp chili flakes
- 600g Tomato Puree
- 1 can sweet corn, drained
- 100g low fat cheddar cheese, grated
- 1 kg mashed potatoes (pre-cooked)

### PREPARATION:

- Heat a dash of oil in a deep-frying pan. Add onion and cook over medium heat until it softens.
- Increase the heat and add minced beef and garlic. Stir fry to brown meat, breaking up mince with a wooden spoon if necessary.
- Stir in cumin, coriander and chili flakes.
- Pour over Tomato puree and add ½ cup of water if needed.
- Stir in Kidney Beans and sweetcorn. Bring to the boil. Reduce heat and simmer for 20 minutes until mince is cooked and sauce reduced.
- Preheat oven to 200°C. Spoon cooked mince and beans into an ovenproof dish. Sprinkle over grated cheese. Top with Mashed potato. Bake for 20-25 minutes until potato topping is golden and filling hot.
- Serve with your favorite green vegetables on the side.



Serving size  
4-6 across



Preparation Time  
50 Min

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