THE LIGHTER PLATE METHOD

Broccoli-Topped Beef Bake

A soft, nutmeg-scented broccoli purée baked over a simple savoury mince — comfort food with an extra portion of greens built in.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**25 min**	**40 min**	**4**	**EASY**

Ingredients

- 3 cups broccoli (cooked)
- 1 small potato (cooked and cubed, about 50g)
- 1 tbsp unsalted butter
- 1 egg white
- 1 pinch ground nutmeg
- 1 pinch sea salt and black pepper
- 400 g beef mince (or shredded chicken)
- 1 tbsp olive oil

Method

1. Blitz the cooked broccoli, potato, butter and egg white in a food processor until smooth. Season with nutmeg, salt and pepper.
2. Heat the oil in a pan and brown the beef mince, seasoning well.
3. Spread the mince in a greased ovenproof dish and top evenly with the broccoli purée.
4. Bake at 200°C (fan 180°C) for 25 minutes, until the top is set and lightly golden.

Tips & swaps

- The egg white helps the purée hold together as it bakes — don't skip it.
- Chicken works just as well as beef if you'd like a lighter version.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

290	**24g**	**10g**	**17g**	**4g**

Estimated values, for guidance only. Contains: Egg, Milk.