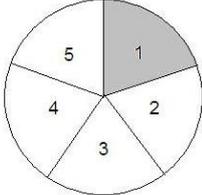


Cottage Pie

Serves 4-6

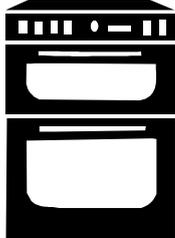
Portions of fruit & vegetables per serving: 1
Based on 6 servings



Hob needed



Oven needed



Ingredients	Amount	Preparation
potatoes	6 medium	washed and chopped into cubes
semi-skimmed milk	45mls (3 tablespoons)	
lean minced beef	500g (1lb 1.5oz)	
onion	1 large	chopped
garlic (optional)	1 clove	crushed
beef stock	½ cube	crumbled into ¼ pint hot water
frozen mixed vegetables or 1 carrot, 1 parsnip, 1 turnip & 1 courgette	250g (9oz)	peeled and chopped into small cubes if using fresh vegetables
chopped tomatoes	1 can (400g/ 14oz)	
cheese	30g (1oz)	grated

Please Turn Over



Method

- 1 Preheat the oven to gas mark 5/ 190°C/ 375°F.
- 2 Place the potato cubes in a large saucepan, cover with cold water and bring to the boil. Then simmer slowly for about 15 minutes until the potatoes are cooked. Drain the potatoes using a colander, return to the pan and mash with the milk.
- 3 If using fresh vegetables, place them in a saucepan, cover with boiling water and simmer over a low heat for 10 minutes then drain off the water.
- 4 In a large frying pan brown the minced beef (add a little water if it sticks), add the onion and the garlic and fry until soft. Pour away any fat that has come out of the beef.
- 5 Add the stock, cooked or frozen vegetables and tomatoes. Bring to the boil and simmer for about 10-15 minutes.
- 6 Put the beef and vegetable mixture into a large casserole dish. Spread the mashed potato over and sprinkle the grated cheese on top.
- 7 Bake in the oven for 30 minutes until the cheese is brown and the mixture is bubbling.

324 calories		Per serving
Fat	LOW	12.1g
Saturates	LOW	5.6g
Sugars	LOW	6.6g
Salt	LOW	0.9g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Serve with your favourite vegetables.
- Leaving the skins on the potatoes saves times, and adds more fibre.
- The cheese adds flavour and encourages the kids to eat it!
- For a meat free option use 1 bag of Quorn mince instead of minced beef.

