

## Cottage Pie



### Ingredients

250g minced meat/Quorn or beans (a protein of your choice)

Base vegetables – celery stick, small onion, carrot, garlic

Green vegetable (peas/cabbage/kale)

3 medium potatoes (approx. 700g)

Stock cube

Tomato puree and/or tinned tomatoes

150ml milk and a knob of butter (for the mashed potato)

Seasoning and Worcestershire sauce for additional flavouring

Oil

Grated cheese for topping (optional)

## Method

### Mince sauce

Preheat your oven to 180'

Peel and chop your vegetables

Heat some oil in a frying pan and then add the chopped carrot, celery and onion and fry gently until softened

Add the garlic and fry for a couple more minutes

Add the mince and keep moving in the pan with a wooden spoon until it all turns brown

Add the tomatoes, stock cube and 200ml water

Add your green vegetable

Bring to the boil and simmer until the sauce has thickened.

Add salt, pepper, herbs and/or Worcestershire sauce to taste

Remove from heat when desired consistency is achieved

### Mashed Potato

Bring a pan of cold water to the boil

Meanwhile peel and chop the potatoes into similar sized chunks

Add the potatoes to the boiling water and cook until tender (fork easily goes through them but they still remain firm, not mushy)

Remove from the heat and drain through a colander/sieve

Add the butter and milk gradually whilst crushing the potatoes with a masher until a smooth mash is achieved

In an ovenproof dish place the mince sauce on the bottom in an even layer

Place the mashed potato on top to ensure all the mince sauce is covered.

Using a fork create little peaks in the mashed potato to create a textured top

Sprinkle a thin layer of cheese over the top (if using)

Bake in the oven for about 20minutes until the mince sauce is piping hot and the mash is golden brown

