

Cottage Pie



Cottage Pie

4-6 portions

INGREDIENTS

200g Carrots
75g Onions
10ml Cooking Oil
300g Lean Mince
400ml Cold Water
10g or 1 Vegetable
Stock Cube
160g Baked Beans
25g Tomato Paste
40g Gravy Powder

Mashed Potato

800g White Potatoes
50g Butter or
Margarine
100ml Milk

METHOD

Pre heat the oven to 180°C.
Make the mashed potato.

Mashed Potato

Peel the potatoes, then wash and cut them into even sized pieces.
Place them into a large pan of water, bring to the boil and simmer until soft.
Drain off the water, then while the potatoes are still hot, add the butter and milk. Mash and mix until smooth, then set aside.

Peel and dice the carrots and onions.
In a pan heat the oil and fry the carrots and onions for 5 minutes. Add the mince to the pan and cook until browned with no lumps.
Add the water, vegetable stock, baked beans and tomato paste and simmer until the meat is tender.
Mix the gravy powder and a little water together to form a paste and add to the mince mixture. Stir well and simmer until smooth and thickened.
Place the mixture into a baking dish and spread out. Carefully top with the mashed potato.
Bake for 30 minutes until golden brown on top and bubbling around the outside, then serve.