

Cottage Pie

This warming, homely recipe is full of easily available, nutritious vegetables. Have a look at 'Something to try next time' for an interesting alternative to mashed potato.



Barley (gluten), milk, soya and wheat (gluten)*

Nutritional information per portion (356g):

Energy 1285kJ 306kcal 15%	Fat 12g 16%	Saturates 4.1g 20%	Sugars 4.5g 5%	Salt 0.56g 9%
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of an adult's reference intake.
Typical values per 100g: energy 361kJ/86kcal.

Equipment

Weighing scales
Kettle
Measuring spoons
Measuring jug
Wooden spoon
Colander
Peeler
Sharp knife
Chopping board
Large saucepan
2 litre ovenproof dish
Spatula

Ingredients

Serves 4-6
4 x 5ml spoons reduced-salt beef gravy granules
250ml boiling water
3 medium carrots
1 medium onion
1 x 15ml spoon sunflower oil
500g lean minced beef
100g frozen garden peas (optional)
1 x 5ml spoon dried mixed herbs
Black pepper (optional)
600g mashed potato (see the Mashed Potato recipe on our website)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Allowing the mince mixture to cool before adding the mash topping prevents the mash from sinking into the mince mixture.
- Add the gravy gradually, stirring constantly, until the desired thick consistency is achieved.

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Method

1. Preheat the oven to 190°C/170°C fan or gas mark 5.
2. Put 4 x 5ml spoons of gravy granules into a measuring jug. Measure in 250ml of boiling water, stirring with a wooden spoon to dissolve.
3. Wash, peel and chop the carrots into 1cm pieces on a chopping board.
4. Peel and finely chop the onion.
5. Heat the oil in a pan and fry the onion for a few minutes until it starts to go soft.
6. Stirring continuously, add the minced beef and carrots and cook for about 10 minutes until all of the meat is brown.
7. Add the frozen peas (if using) and stir well.
8. Add the herbs and add black pepper to taste (if using).
9. Stir in the gravy until a thick stew consistency is formed. Simmer for 15 minutes on a low heat.
10. Pour the mixture into an ovenproof dish and allow to cool.
11. Top with mashed potato and bake in the oven for approximately 20 minutes, or until hot throughout.

Something to try next time

- Replace the mashed potato recipe with vegetable mash. Use peeled and chopped swede, parsnip or sweet potato instead of some of the potatoes. "Tatties and neeps", which is mashed potato and turnip or swede, is the traditional accompaniment to Haggis.

Prepare now, eat later

- Freeze for up to 2 months or store in the fridge for up to 2 days. Defrost fully, then reheat in the oven for 30–40 minutes at 180°C/160°C fan or gas mark 4 until bubbling, and crisp and golden on top.

Skills used include:

Weighing, measuring, peeling, chopping, mixing/combining, boiling/simmering, frying and baking.