



Cottage pie

Serves: 2

Time

1 hour 10 minutes



Ingredients

- 3-4 potatoes (or parsnips), peeled and cubed
- 1 tablespoon olive oil
- 1 small onion, peeled and finely chopped
- 1 carrot, peeled and chopped
- 200g lean minced beef
- 1 tablespoon tomato purée
- 300ml beef stock
- dash of Worcestershire sauce
- dash of light soy sauce (use reduced-salt if available)
- grated cheese (optional)

Method

1. Boil the potatoes in water for about 10 minutes until they're soft and mash them.
2. Heat the oil in a frying pan, add the chopped onion and carrot and stir for 4 minutes or so, until the onion starts to brown.
3. Add the mince and cook over a medium heat until it has browned.
4. Drain off any excess fat before adding the tomato purée and stock. For a bit of an extra kick add a dash of Worcestershire sauce and light soy sauce.
5. Cover and simmer for about 25 minutes. Add some more stock if the mince starts to stick to the pan.
6. Turn the grill to medium. Transfer the mince to an ovenproof dish and carefully top with the mashed potato/parsnip.
7. Grate some cheese over the top of the pie and move your dish to the grill. Grill for 5 minutes or until the potato and cheese start to brown on top and go crisp.
8. Serve with vegetables.