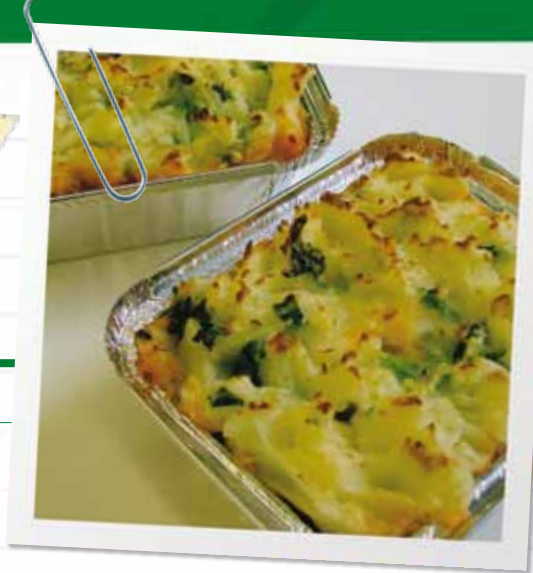


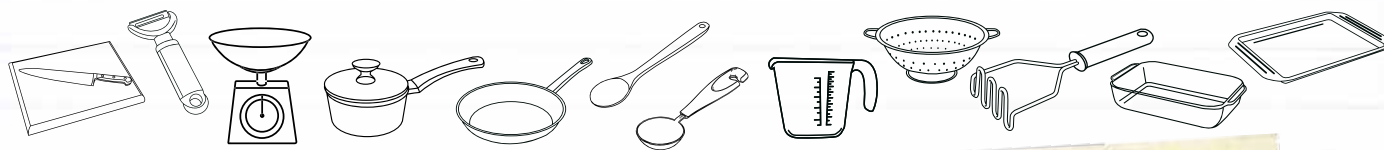
Cottage Pie



Ingredients

1 onion	1 x 15ml spoon tomato purée
1 carrot	1 x 15ml spoon Worcestershire sauce
3 medium potatoes (700g)	300ml water
¼ Savoy cabbage	1 stock cube
250g lean minced beef	150ml semi-skimmed milk
1 x 15ml spoon plain flour	

Equipment



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Prepare the vegetables:
 - peel and chop the onion;
 - peel and dice the carrot;
 - peel and cut the potatoes into chunks;
 - shred the cabbage.
3. Place the potatoes in a saucepan of water, bring to the boil and simmer for 20 minutes, until soft.
4. Meanwhile, in a non-stick frying pan, dry fry the beef with the onion and carrots, until the mince is browned.
5. Stir in the flour, tomato purée and Worcestershire sauce.
6. Add the stock cube to the water to make up the stock.
7. Add the stock to the meat mixture, bring to the boil and simmer for 5-10 minutes, until the carrot is soft.
8. During the last 5 minutes of cooking the potatoes add the cabbage.
9. Drain the potatoes in a colander, return to the saucepan and mash with the milk.
10. Place the oven proof dish or foil tray on a baking tray. Spread the meat mixture into the dish, and spoon the mash over the top.
11. Cook for 20-25 minutes, until golden brown.

Top Tips

- Add other vegetables to the meat mixture such as frozen peas.
- Swap the mince for veggie mince for a vegetarian option.
- Add mixed herbs to the mashed potato, or top with a little grated cheese before putting in the oven.
- Always remember to use oven gloves when putting things into, or taking them out of, the oven.

Skills

Using the hob and oven ✓

Using a vegetable peeler ✓

Weighing and measuring ✓

Combining ingredients together ✓

Preparing a selection of vegetables ✓

