

Cottage pie

serves 4 - 5



Ingredients

- 1 1/2 tbsp oil
- 2 garlic cloves, minced
- 1 onions, finely chopped
- 2 carrots, finely chopped/grated
- 1 tin peas, rinsed & drained
- 250g mince
- 100g lentils, soaked for at least 1 hour
- 1 tbsp tomato puree (optional)
- 500ml beef stock
- 1 tbsp mixed herbs
- 1 tbsp worcester sauce (optional)
- bay leaf (optional)
- black pepper
- 500g potatoes
- butter
- cheese (optional for the potato topping)

A tasty filling family dinner. It has protein and carbohydrates that we need for energy



Method

1. Preheat the oven to 180 degrees C (gas mark 4). Heat the oil in a large pan, over a medium heat. Add the onion and garlic, cook for 5 minutes until softened. Add the carrots & peas and cook for a further 5 minutes.
2. Increase the heat, add the beef and cook, breaking up it up with a wooden spoon until browned.
3. Add the lentils, chopped tomatoes, beef stock, herbs, black pepper (along with the bay leaf, tomato puree and worcester sauce, if using)
4. Bring to a simmer, around medium high heat. Cook for 30 minutes, stirring occasionally, until it reduces to a gravy consistency.
5. Transfer to a deep oven proof dish, if you have time, let it cool slightly as this will help with topping the mash.
6. Cook potatoes in boiling water for 15 minutes or until soft. Drain then return to pot. Shake briefly and allow to steam dry for 30 seconds or so. Add butter and mash until melted, then add pepper. Mash until smooth
7. Spread onto pie, use a fork to rough up the surface (rougher surface = more golden bits). Sprinkle with cheese, or skip this.
8. Bake for 25 - 30 minutes or until golden on top and bubbling on the edges. Stick a knife into the middle to ensure it is piping hot. Stand for 5 minutes before serving.