



Cottage Pie

Prep Time: 45 Minutes

Cook Time: 25-35 Minutes

Serves 4

This healthy cottage pie offers a wholesome meal that provides a filling alternative to fast food or a ready meal!

Ingredients:

400g lean beef mince (10% fat or less)
1 onion, chopped
2 celery sticks, trimmed and thinly sliced
2 carrots, peeled and diced
400g tin chopped tomatoes
1 beef stock cube
1 tsp dried mixed herbs
sea salt and freshly ground black pepper
For the leek and potato topping:
700g floury potatoes, such as King Edwards
or Maris Piper, peeled and cut into 4-
cm/1½-in chunks
2 leeks, trimmed and cut into 1-cm/½-in slices



Method:

1. Place a large saucepan over a medium heat and add the beef, celery and carrots, cooking this for 5 minutes. Break the meat up whilst cooking.
2. Stir in the tomato purée, stock cube, Worcestershire sauce and mixed herbs. Refill the tomato tin with water and pour into the pan. Season with salt and plenty of pepper. Bring to a simmer, then reduce the heat, cover loosely and simmer gently for about 25 minutes, stirring regularly.
3. To make the topping, put the potatoes into a large saucepan and cover with cold water. Bring to the boil, then reduce the heat slightly and simmer for 10 minutes. Add the leeks, return to a simmer and cook for 2 minutes more, or until the potatoes are tender but not falling apart.
4. Preheat the oven to 220°C. Drain the potatoes and leeks and return to the pan. Roughly crush the potatoes with a fork. Season with a little salt and of pepper.
5. Stir the peas into the beef mixture then spoon into a shallow ovenproof dish. Using a large spoon, top the beef mixture with the crushed potatoes. Scatter the cheese over the top.
6. Bake for 25-30 minutes, or until the topping is golden brown and the filling is bubbling. Serve.

Helpful tips:

- To develop this dish further possible added tomato puree, Worcestershire sauce and peas. This will deepen the flavour as well increasing the one of your 5 a day. Making this dish even more nutritious and filling.
- For an indulgent treat the mash could be sprinkled with low fat cheese to create a crispy top.