

Cottage Pie

Serves: 6

Prep time: 20 minutes

Cook time: 55 minutes



3 serves per portion

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely diced
- 2 garlic cloves, finely chopped
- 1 carrot, grated
- 500g lean beef mince
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce
- 1 tablespoon Italian herbs
- 400g can diced tomatoes
- 2 tablespoons tomato paste
- 1 vegetable stock cube
- 1 cup water
- 1 cup mixed frozen vegetables (carrots, peas and corn)
- 4 large potatoes, peeled and diced into 2cm cubes
- ½ cup reduced fat milk
- ½ cup reduced fat cheese, grated

Method

PREHEAT oven to 180°C.

HEAT a large saucepan over medium-high heat and add oil and onion once hot. Cook onion, stirring for about 5 minutes or until softened.

ADD garlic and carrot and cook for a further 2 minutes.

ADD beef mince, paprika, Worcestershire sauce and Italian herbs and fry until mince has browned, about 5 minutes.

ADD the canned tomato, tomato paste, stock cube, water and mixed frozen vegetables and stir well. Bring to a boil then reduce heat and simmer until sauce has thickened, around 20 minutes.

FILL a saucepan with water and bring to the boil. Add potatoes and cook until soft. Drain water and mash potatoes. Add milk and stir until creamy.

POUR the bolognese mince into a casserole dish and top with mashed potato. Sprinkle with cheese and bake in pre-heated oven for 20 minutes or until golden on top.



Everyday Food

Recipe courtesy of the Country Kitchens team