

Home Made Cottage Pie with Vegetables

Serves 10

Ingredients	
1 tbsp (15ml) sunflower oil	1 tbsp flour
1 (150g) onion – chopped	100g mushrooms - washed and sliced
2 (200g) carrots - peeled and grated	1 tsp (5g) marmite
2 tsp (10g) dried parsley	450g potatoes - peeled and chopped
450g lean minced beef or lamb	2 tsp (10g) margarine, dash of milk

- METHOD:
- Preheat oven to 180c, 350F, Gas 4
- Soften the onion, pepper, grated carrot and parsley in a frying pan with a little oil.
- Add minced meat, brown and drain off any excess fat. Add the flour and mushrooms and cook for a further 5 minutes.
- Dissolve the marmite in the stock, and gradually add the liquid to the meat mixture. Slowly bring to the boil to thicken the gravy.
- Spoon the meat mixture into a large dish and allow to cool.
- To make the topping, boil the potatoes for mash. When soft, mash with margarine and milk. Spread over the meat, and make peaks by running a fork over the surface.
- Cook in the oven for 20-30 mins.
- Serve with 40g vegetables per child



- ✓ COOK'S TIP: FOR PUREE DIETS, PREPARE EXTRA POTATO AND GRATED CARROT TO MAKE A POTATO AND CARROT PUREE.
- ✓ FOR WHEAT FREE DIETS, USE WHEAT FREE FLOUR
- ✓ FOR VEGETARIAN DIETS "VEGGIE MINCE" AND VEGETABLE STOCK
- ✓ FOR MILK FREE DIETS, EXCLUDE MILK FROM POTATO TOPPING

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
337	9.6	28	12	0	0.4	1.2	27