



Cottage Pie

Ingredients:

500 gm minced beef

1 large carrot

1 onion

Thyme - 1 tsp dried OR 2 sprigs fresh

500 mls beef stock

1 tbsp tomato puree

2 tbsp tomato ketchup

2 tbsp Worcestershire sauce

35 gm frozen peas

500 gm mashed potatoes (approximately)

Method:

Preheat your oven to 180C.

Grate the carrot and finely chop the onion.

Put the minced beef into a pot over a low-medium heat and fry until browned.

Add the carrot and onion to the pot, stir through and cook for a couple of minutes.



Add the beef stock, tomato puree, tomato ketchup, Worcestershire sauce and frozen peas.

Stir through and simmer gently for 10-15 mins until sauce thickens up a bit.

Pour the meat mixture into a deep ovenproof dish.

Spoon the mashed potato in an even layer on top.

Put the dish into the oven, and cook until potato top starts to go golden on top.