

# Cottage pie... Serves 4

## Ingredients

1 onion  
1 carrot  
1 can chopped tomatoes  
1 dsp spoon tomato purée  
1 tsp mixed herbs (In school)  
1 dsp spoon Worcestershire sauce (In school)  
250g lean minced lamb or beef  
4 medium potatoes (400g)  
10g butter  
50ml semi-skimmed milk

**Nutrition:** Balanced meal based around starchy potato and with minced beef as the HBV protein. Using lean minced beef 5% fat and only a small amount of butter in the potato helps keep the fat content low.

Adding extra vegetables to the meat sauce and mashed potato boost the 5 a day portions for extra fibre and vitamin C.

Replacing stock or gravy with canned tomatoes adds extra vegetables and reduces the overall salt content.

Use of herbs in the sauce means that less salt is needed.

## Equipment

Chopping board, knife, vegetable peeler, weighing scales, measuring spoons, saucepan, non-stick frying pan, wooden spoon, measuring jug, colander, potato masher, ovenproof dish/foil tray, baking tray.

## Method

1. Preheat the oven to 200°C or gas mark 6.
2. Prepare potatoes, peel and cut into quarters. Place the potatoes in a saucepan of water, bring to the boil and simmer for 20 minutes, until soft.
3. Prepare the other vegetables:
  - ◆ Peel and chop the onion;
  - ◆ Peel and dice the carrot;
4. Whilst potatoes are cooking, dry fry the beef, onion and carrots in a pan, until the mince is browned.
5. Add the tomatoes, tomato puree, Worcester sauce and mixed herbs. Bring to the boil and the simmer for 5-10 minutes, until the carrot is soft.
6. Drain the potatoes in a colander and mash with the milk. Season to taste.
7. Spread the meat mixture into an ovenproof dish or foil tray and spoon the mash over the top. Fork the top.
8. Grill until golden brown, watching carefully all the time, or take home and cook in the oven.

## Safety:

## Variations

- ◆ Pipe the potato for extra skill and neat finish
- ◆ Add other vegetables to the meat mixture such as frozen peas.
- ◆ Swap the mince for veggie mince for a vegetarian option.
- ◆ Add mixed herbs to the mashed potato, or top with a little grated cheese before putting in the oven.

**Skills:** Handling raw meat, dry frying, boiling, simmering, grilling, knife skills in vegetable prep, mashing, piping.

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