



COTTAGE PIE

Serves 4

Ingredients

- 250gm lean (quorn) mince
- 2 carrots
- 1 onion
- 1 beef stock cube
- 4 teaspoon Worcestershire sauce (or any brown sauce)
- 4 teaspoon tomato puree
- 1 teaspoon dried mixed herbs
- 1 mug water

For the topping

- 6 medium potatoes
- 1 parsnip (optional, you could replace with an extra potato)
- 2 teaspoon margarine or butter
- 2 tablespoon semi-skimmed milk

Method

1. Pre-heat oven to 180 degrees or gas mark 4
2. Wash, peel and chop carrot and onion
3. Place large pan on a medium heat, add mince, stir and cook until brown.
4. Drain off any excess fat
5. Add carrots, onion, stock cube, tomato puree, brown sauce, herbs and water
6. Simmer for 30 minutes
7. While mince is cooking, wash, peel and chop the potatoes and parsnip (if using).
8. Put into medium pan, cover with water, bring to the boil and then simmer until soft
9. Drain the potatoes and parsnip, mash with milk and margarine
10. Place mince in deep oven dish, spread potato mix on top and cook for 20 minutes or until golden brown

