

All-in-One Cottage Pie

The
Super Yummy
Kitchen

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RECREATION

LOVE
SCHOOL
—Meals—





Ingredients

Serves 4-6

- 2 carrots, washed and cubed
- 200g sweet potatoes, peeled and cubed
- 700g red potatoes, peeled and cubed
- 1 tsp rapeseed oil
- 2 onions, diced
- 1 garlic clove, grated or crushed
- 500g lean beef mince
- 100g frozen peas
- 100g frozen sweetcorn
- 1 tbsp tomato purée
- 1 splash of Worcestershire sauce
- 200ml beef stock (reduced salt)
- Black pepper, to taste
- 50ml semi-skimmed milk
- 50g butter or low fat spread
- 50g cheddar cheese





Method

Pre-heat oven to 185°C fan

In a saucepan, boil the carrots and sweet potato cubes until soft. In a separate saucepan, boil the potato cubes until soft too! Drain and mash both saucepans separately, and set aside.

In a large non-stick pan, heat a little oil and cook the onions until soft and see through – add the garlic half way through! Next, add the beef mince and cook until browned – don't forget to keep stirring!

Next, mix in the carrot and sweet potato mash to the mince, as well as the sweetcorn and peas. Then add the beef stock, tomato purée, Worcestershire sauce, black pepper (if you wish), and mix well! Lower the heat and simmer for 5–10 minutes.

Now it's time to build the cottage pie! In an ovenproof dish, add the mince mix first, top with dollops of mashed potato, and finish with a sprinkle of grated cheese! Bake in the oven for 30 minutes until golden and bubbling!

Serve up and dig in!



What keeps us healthy?



Sweet potatoes and carrots are a source of

beta-carotene

which our bodies convert into

Vitamin A!

Vitamin A is great for supporting

healthy vision, skin and the immune system.

You can also get Vitamin A from cheese, milk, yogurt, eggs, oily fish, liver and fortified spreads!





