

Cottage Pie

GREEN (ACT & SA) / Everyday (NSW)



Makes 4 serves

Ingredients:

- 2 teaspoons canola oil
- ¼ large onion, diced
- ½ teaspoon garlic, minced
- 500g beef mince
- 1 small carrot, finely diced
- ½ small zucchini, diced
- 1 tablespoon barbeque sauce, salt reduced
- 1 tablespoon Worcestershire sauce
- 100g of diced tomatoes
- 1 cup of salt-reduced beef stock
- 1 cup pea, capsicum, corn mix
- 3 desire potatoes

Method:

1. Heat up a pot and add the oil, place in the onions and garlic and cook till transparent
2. Place in the minced beef and cook till brown this will take about 10 minutes
3. Add the carrots and zucchini and stir well
4. Then add the barbeque sauce, Worcestershire sauce and the tin of tomatoes, stir well then add the beef stock cook on medium heat for 10-15 minutes
5. When the pie meat is thick and ready add the pea, capsicum and corn mix and cook for a further 3 minutes
6. Place in a long deep tray ready to add the potato

For the potatoes

1. Peel and diced the potatoes and place them in a pot of water
2. Boil the potatoes till they are soft and strain and mash them
3. Spread the mash potato over the pie and bake in the oven on 180° for 15 minute

Recipe tested by JG September 2016