

GlucoMen

Recipes

Cottage Pie

Serves 4

Ingredients

2 tbsp oil
2 onions
400g extra lean beef mince
3 cloves garlic
2 tbsp tomato puree
Pinch dried thyme
400g canned chopped tomatoes
2 medium carrots diced
1 tbsp Worcestershire sauce
Approx 290mls beef stock using low salt stock cube
Pinch of salt
Pepper

For the mashed potato topping

375g white potatoes raw weight, cooked and mashed, but warm
375g sweet potatoes raw weight, cooked and mashed, but warm
30g parmesan cheese
125mls semi skimmed milk (approx)
50g olive oil
Pinch of salt
Pepper

Method

- Preheat the oven to 190C
- Heat the oil in a large pan and add the onion and carrots and cook until slightly soft.
- Add the mince and break up well. Cook until all the moisture has evaporated and the mince starts to brown in the oil,
- Once well browned, add the garlic and continue to cook.
- Next add the tomatoes, tomato puree, thyme, Worcestershire sauce, and enough stock to just cover the meat.
- Season well with salt and pepper and cook for 20-25 minutes - stir occasionally.

- When the mix is fairly thick pour or spoon into a baking dish and leave to cool.
- For the topping - Boil the potatoes in water until soft. Drain and mash with the butter and milk also adding the parmesan cheese.
- Spoon the mash onto the cooled, set mince and fluff up with a fork.
- When ready place in the oven for about 25 minutes until golden and slightly crunchy.

Nutritional Content	Per portion	Traffic Light colour
Energy (kcal)	454	x
Carbohydrate (g)	54	x
Sugars (g)	20	Amber
Fat (g)	14	Amber
Saturated fat (g)	4.5	Green
Salt (g)	1.6	Amber