

Beef and bean cottage pie with sweet potato mash

Serves 2

Ingredients

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 1 clove of garlic, finely chopped
- 1 large carrot, peeled and diced
- 1 stick of celery, diced
- 150g lean minced beef
- 1 tbsp of tomato puree
- 1 can of cannellini beans
- 1 reduced salt beef stock cube, made up with 200ml water
- 1 bay leaf
- 1 tsp mixed herbs
- 1 medium sweet potato (approx 200g), peeled and cubed
- 1 medium potato (approx 160g), peeled and cubed
- 50ml semi-skimmed or 1% milk
- 1 tbsp of reduced fat spread
- 50g grated mature cheddar cheese (you could try using reduced fat cheese)
- 200g frozen peas



*This recipe contains sweet potatoes,
which are high in vitamin A*

Method

1. Pre-heat the oven to 200oC.
2. Heat a pan, add the vegetable oil and fry the onions and garlic for 2-3 minutes on a low heat until softened.
3. Turn up the heat and add the mince and fry for about 5 minutes until browned.
4. Add the carrots and celery and fry for a further 2-3 minutes.
5. Add the beef stock, tomato puree, bay leaf and mixed herbs and bring to the boil, reduce the heat and simmer for 15 minutes.
6. Meanwhile, boil the potatoes and sweet potatoes together in a pan for about 10 minutes, or until soft.
7. Drain and mash the potatoes and sweet potatoes together with the milk and low fat spread. Season to taste.
8. Spoon the mince mixture into an oven proof dish and top with the mashed potato and grated cheese.
9. Bake in the oven for 20 minutes or until the topping is beginning to brown.
10. Boil the frozen peas for about 2 minutes and serve with the cottage pie.