

Cottage pie

Ingredients

- 3 medium potatoes (400g)
- 1 carrot
- 1 onion
- 125g Savoy or leafy green cabbage
- 200g lean beef mince
- 80g frozen peas
- 1 tbsp spoon plain flour
- 1 tbsp spoon tomato purée
- 1 tbsp spoon Worcestershire sauce
- 1 reduced salt beef or vegetable stock cube
- 250ml boiling water
- 25ml skimmed milk
- Freshly ground black pepper

Equipment

- Vegetable knife, chopping board, 2 x saucepans, wooden spoon, colander, kettle, measuring jug, potato masher, ovenproof dish.

Method

1. Scrub or wash the potatoes and cut into small chunks. Place in a saucepan and cover with cold water. Bring to the boil and cook for 20 minutes or until soft.
2. Prepare the remaining vegetables:
 - peel and finely dice the carrot;
 - peel and finely dice the onion;
 - shred the cabbage.
3. Dry fry the beef with the onion and carrot in a non-stick saucepan until the mince is browned. Carefully drain off any excess liquid.
4. Stir in the flour, tomato purée and Worcestershire sauce.
5. Make up the stock by dissolving the stock cube in the boiling water in a jug. Add this to the pan.
6. Add the peas and bring to the boil. Season with freshly ground black pepper.
7. Cook for 5-10 minutes until the carrots are just soft.
8. During the last 5 minutes of cooking the potatoes, add the cabbage.
9. Once cooked, drain carefully and mash with a little milk and season with black pepper.
10. Transfer the mince to an ovenproof dish and spoon the bubble and squeak mash over the top.
11. Pre-heat the grill to a medium heat.
12. Place the cottage pie under the grill and brown until the top is golden.

Cooking healthier

We've swapped to a lean beef mince, whole milk to skimmed, and regular stock to reduced salt stock. We've also removed the butter from the mash, and added peas, carrots and cabbage. By doing this it's saved 136 calories, 0.5g salt, 20g fat and 9.2g saturated fat, plus added 5.4g fibre per portion, compared to the original recipe.