

# Cottage Pie

This tasty recipe has been put together by Tom, our Healthy Habits Coordinator, with a little help from his daughter. For more great health and wellbeing tips from Tom and the Healthy Habits team, call us on 0191 280 8484 or email [Rebecca.Williams@ageuknorthtyneside.org.uk](mailto:Rebecca.Williams@ageuknorthtyneside.org.uk).

*A very tasty and comforting meal that is perfect anytime but especially in the Autumn and Winter months. Plus it gives a good hit of taste and plenty of vegetables.*

## Ingredients

- 1 tbsp. olive oil
- 750g beef mince
- 2 onions, or the equivalent shallots, finely chopped
- 200g carrots, chopped
- 3 celery sticks, chopped
- 3 garlic cloves, finely chopped
- 50g plain flour, sieved
- 1 tbsp. tomato purée, or use tomato ketchup
- 100g of cherry tomatoes
- 100g chestnut mushrooms, cut in half
- 2 beef stock pots and 300ml of water
- A good dose of Worcestershire sauce, according to your taste
- Salt, pepper and mixed herbs according to your taste
- 2 bay leaves

## For the mash and topping

- 1.25kg potatoes, chopped
- 150ml semi skimmed milk
- 25g butter
- 250g cheddar cheese, grated



## Method

I did this in the slow cooker but it can just as easily be done on the hob if you have a big enough pan. Follow the steps but instead of using the slow cooker keep it all in the pan and reduce cooking time accordingly.

1. Put a table spoon of oil in the frying pan and heat.
2. I find it easier to blitz my garlic and onions in a blender as I like them chopped far finer than I can cut them. So prep you onions/shallots, garlic, cherry tomatoes, stock pots and place them in the blender with some water. Blitz and pour into the pan with oil. Add the mince and brown off.
3. Pour the contents of the pan into the slow cooker.
4. Prep and chop your carrots, celery and mushrooms and pour into the slow cooker with the mince etc. Add your Worcestershire sauce, seasoning, water, tomato puree/ketchup and stir through. Sieve the flour into the mix and stir through too. Throw in your bay leaves and cover.
5. Check and stir the mix occasionally over the next few hours.
6. When the mince and vegetable mix is almost ready, peel and chop your potatoes up and place in a pan with some salt. Cover in boiling water and boil until the potatoes are soft.
7. Drain and then add your butter and milk to the potatoes. Mash until smooth and to the consistency you like. Stir through  $\frac{1}{4}$  of your cheese.
8. Pour your mince and vegetable mix into a suitable oven proof dish and then add the mash to the top either with a spoon or piping bag. Once covered take the remaining cheese and give it a good covering.
9. Place your pie into a preheated oven at 220 degrees/200 degrees for fan and leave for 25-30 minutes, checking occasionally.
10. Serve. Depending on your portion size, this can be served on its own as it has vegetables and potatoes in it or with a nice mixed salad for added taste.

This worked out to about 6 portions for my daughter and I, but obviously it will vary for family to family. Either way a very tasty meal as well as good meal prep for the freezer.

