

Cottage Beef Pie

Serves 4

Ingredients

750gm potatoes, diced	corn peas mix (or use fresh, 100gm each, if you have the time to prepare and chop)
30ml milk	150ml beef stock
450gm lean minced meat	4 tbsp rolled oats
1 onion, chopped	15 ml Worcestershire sauce
1 tsp garlic	Grated Cheese
400gm frozen beans, carrot,	

Instructions

1. Cook the potatoes in a large pan of boiling lightly salted water until tender. Drain well and mash until smooth, then stir in the milk and a little butter
2. Meanwhile preheat the oven to 200°C
3. Fry the beef mince in a non-stick pan, breaking it up with a fork, until browned all over. Add the onion, garlic, vegetable mix and cook for 2-3 minutes, stirring.
4. Stir in the stock and oats. Bring to the boil, stirring all the while, then remove from the heat.
5. Stir in the Worcestershire sauce. Turn the beef mixture into an oven proof dish and spread over the potato topping evenly. Sprinkle grated cheese over the potato thatch.
6. Bake for 30-35 minutes until golden.



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