



This easy to cook and very nutritious cottage pie can be cooked in advance and heated up when needed. Each portion can count as 2 of your 5-a-day. We are sure you'll love it

Cottage Pie		
Serves 4		Skill Level – Easy
		Preparation Time 30 minutes Cooking time 30 minutes from hot (45 minutes from cold)
Metric	Imperial	Ingredient
400g		lean minced beef
1 tablespoon		vegetable oil
1		large onion chopped
1		garlic clove, crushed or chopped
1 tablespoon		Worcester sauce (optional)
1		large carrot, cut into small pieces
1-2 tablespoons		tomato puree
50g		frozen peas
1		beef stock cube
1 400g can		chopped tomatoes
500g		potatoes
2-3 tablespoons		skimmed milk
1 tablespoon		vegetable spread (such as olive or sunflower)
		Pepper to season
Preheat oven to 200°C or gas mark 6.		
For the filling		
1. Warm the oil in a large sauce or frying pan. Add the chopped onion and garlic and cook for 5 minutes without colouring.		
2. Add the minced beef, and continue to cook until browned		
3. Add the stock cube, canned tomatoes, tomato puree, Worcester sauce and carrot pieces		
4. Bring to the boil and simmer for 10-15 minutes. The sauce should thicken nicely.		
5. Add frozen peas and continue to simmer for 5 minutes, season with pepper		
For the topping		
6. Peel the potatoes and cut into egg sized pieces. Boil for about 20 minutes or until tender		
7. Drain the potatoes, add the vegetable spread and milk and mash until smooth and creamy		
Making the pie		
8. Put the meat filling into a casserole or baking dish, and top with the mashed potato		
9. Bake for 45 minutes (30 minutes from hot), until golden brown on top		
10. Serve on its own or with seasonal vegetables		

Recipe tip: Try adding canned beans to the meat mixture instead of peas, adding chopped mushrooms or for a smoother sauce puree the chopped tomatoes before adding to the pan.

If you have a favourite recipe that you think makes the grade please share it with us. We will send you a free cholesterol, blood pressure or diabetes patient guide for every recipe we publish. Contact HEART UK at lm@heartuk.org.uk