

Cottage Pie

Serves 6

Cost: 87p per serving

Ingredients

270g lean minced beef
1 tin of puy lentils
1 clove garlic, minced
1 medium sized white onion, finely diced
1 medium carrot, finely diced
1 stick of celery, finely diced
2 large sprigs of thyme
80g tomato pastes
300ml of chicken stock
1 glass red wine
Couple of dashes of Worcester sauce
2 large sweet potatoes (400g)
2 large King Edward potatoes
15g low fat margarine
30ml Alpro soya milk alternative
Olive oil spray (6 pumps)
Salt and pepper to taste

Method

- Preheat oven to 200°C/370°F/Gas mark 5.
- Peel and chop potatoes and add to a large pan of salted boiling water. Cook until soft and can be pierced easily with the tip of a knife.
- Add onion, celery, garlic, carrot and thyme leaves removed to a large non-stick pan along with the olive oil spray. Sauté for 1-2 minutes. Add the meat and cook until brown.
- Over a moderate heat, continue cooking the mince mixture adding in the red wine first and cook for 1 minute, then add the tomato paste, chicken stock, puy lentils and a couple of dashes of Worcester sauce.
- Drain the potatoes and mash along with the margarine and soya milk, season to taste.
- Add mince mixture to a medium sized cooking dish, spread out evenly, top with the mash and fluff up with a fork.
- Cook for 20 minutes until slightly browned and crispy on top.

Traditional cottage pie (per portion)	Cottage pie with a twist (per portion)
353 calories	295 calories
18.5g fat	9.5g fat
8.5g saturated fat	2.3g saturated fat

