Cottage Pie Recipe Card

How difficult is it?
Cottage Pie

What can be more ‘family food’ than cottage pie? There are a couple of tweaks to maximise the nutritional punch, but still looks and tastes just like the one your grandmother made.

Instructions

Preheat your oven to 160C Fan/GM 5

1. Peel the potatoes, chop into 2 cm chunks and boil/steam until tender and almost falling apart (15-20 minutes)
2. Meanwhile, heat 1 tablespoon of the olive oil in a heavy-bottomed pan and gently fry the red onion. Once it is soft and translucent, add the garlic and minced beef. Fry, stirring and chopping until it is all browned and there are no big lumps.
3. Stir in the rice flour, then add the tomato purée, sumac, herbs, grated carrot and stock, and let it bubble gently all over until the potatoes are mashed and ready. Add more water if necessary, you don’t want it to dry out.
4. Once the potatoes are cooked, mash, season with salt and pepper to taste, and then stir in 1 tablespoon of water, and the remaining tablespoon of olive oil. Keep to one side.
5. Pour the beef mixture into the bottom of a oven-proof dish. Top with the mashed potato and cook in the oven for 45 minutes, until golden brown on top and bubbling gently around the edges.

Ingredients

- 800 g potatoes use a floury variety for a nice fluffy mash
- 2 tbsp olive oil
- 1 red onion chopped
- 1 clove garlic crushed
- 400 g minced beef low-fat, steak mince if possible
- 1 tbsp rice flour
- 1 tbsp tomato purree concentrated
- 1/2 tsp sumac
- 1/4 tsp dried mixed herbs
- 1 medium carrot finely grated
- 100 ml stock use your favourite allergy-free boullion mix

Eat Once: Cook Twice

Freezes brilliantly. Double the recipe to prepare up to the stage just before you would bake it in the oven, and freeze one. Defrost thoroughly then cook as instructed for 45 minutes, making sure it is hot and bubbling before serving.