

Cottage Pie Serves 2

Ingredients

1 T	Oil
½	Onion, finely diced
250g	Beef or lamb mince
1 T	Flour
2 t	Tomato Sauce
2 t	Chutney or Relish (optional)
1/3 cup	Liquid stock
1½ cups	Frozen or fresh vegetables
2	Potatoes, boiled and mashed
2 t	Butter
¼ cup	Cheese, grated
Salt and Pepper to taste	



Method

Preheat oven to 180°C.

Heat oil in a large fry pan. Add onion and cook until tender. Add mince and cook until browned. Stir in flour and cook for 1 minute.

Add tomato sauce, chutney, and stock. Bring to the boil, reduce the heat and simmer for 5 minutes. Add the vegetables simmering until cooked.

In a separate bowl, combine mashed potatoes, butter, and cheese. Mix until smooth.

To assemble place mince on the bottom of oven proof dish and top with potato mixture. Bake for 20 minutes at 180°C.

Tip: to make this a complete meal add 1½ cups of frozen or fresh vegetables (grate carrots, courgettes, diced celery, peas) to the mince mixture before simmering for 5 minutes.