

Cottage Pie



An old favourite, this Cottage Pie recipe is wholesome and tasty and uses Quality Mark Premium Beef Mince, which is Tick approved, making it a healthier choice.

Cottage Pie

Ingredients - Serves 6

- 750g Quality Mark Premium Beef Mince
- 2 tsp olive oil
- 1 onion, finely chopped
- 1 carrot, peeled and diced
- 1 celery stalk, finely chopped
- ¼ cup red wine or reduced-salt beef stock
- 2 tsp Worcestershire sauce
- ¼ cup lite tomato sauce
- Freshly ground pepper
- 1 cup frozen mixed vegetables
- 1kg potatoes, peeled and chopped
- ½ cup reduced fat milk



Method

Heat oil over a medium heat. Add onion, carrot and celery. Cook 5 mins or until tender, stirring often. Add mince and cook another 5 mins or until mince is browned, stirring regularly.

Add wine or stock, cook 4 mins or until liquid evaporates. Reduce heat to medium-low. Add Worcestershire and tomato sauce, season with pepper. Cover and simmer for 15 mins. Remove from heat, add frozen mixed vegetables and stir.

Bring potatoes to the boil and cook, uncovered, for 15 to 20 mins or until tender. Add milk and mash until smooth. Spoon mince mixture into a 10-cup baking dish, top with potato. Bake 20-25 mins at 180°C until potato is golden.

Recipe courtesy of Allyson Goffon

For more great recipe ideas visit
www.recipes.co.nz

Beef + Lamb new Zealand. Freephone 0800 733 466.

CERT TM used under licence