

# Cottage pie with savoy cabbage & beetroot

(Serves 4)

## Ingredients

- 1/2 tsp Salt, reduced sodium
- 250mls Semi-skimmed Milk
- 900g Potatoes, peeled & cut into chunks
- 2 tsps Oil, Olive
- 200g Onions, chopped
- 500g Minced beef (5% fat)
- 200g Carrots, chopped
- 200g Celery, chopped
- 2 Garlic cloves, crushed
- 4 tsps Flour, plain
- 1/2 Stock pot, (knorr, rich beef)
- 150mls Water
- 1 x 400g tin Tomatoes, chopped
- 2 tsps Worcestershire sauce
- 2 Bay leaf
- 1 tbsp Rosemary
- 1/4 tsp Black pepper
- 400g Savoy cabbage, chopped
- 200g Fresh beetroot, sliced
- 1/4 tsp Black pepper

## Preparation

1. Prepare all ingredients. Bring pan of water with the 1/2 tsp salt to boil.
2. Boil potatoes for 15 mins or until tender. Drain & mash with milk.
3. Heat oil in large wok or frying pan. Cook onion until soft. Add mince & cook until browned.
4. Add carrots, celery & garlic & cook for approx. 5 mins, stirring occasionally.
5. Sprinkle flour over meat & vegetables & stir. Dissolve stock in the 150mls of boiling water.
6. Add tinned tomatoes, stock, worcestershire sauce, herbs & 1/4 tsp black pepper. Stir.
7. Bring to boil. Reduce heat. Simmer for 20 mins, stirring occasionally.
8. Put mixture in oven proof dish. Spoon mash potatoes on top & fluff with a fork.
9. Put under hot grill or cook in pre-heated oven at 200°C/400°F/Gas Mark 6 (180° fan) until nicely browned.
10. Boil water with the other 1/4 tsp black pepper. Cook savoy cabbage to required texture. Drain.
11. Serve cottage pie with the savoy cabbage & fresh beetroot.

**TOP TIP:** For a lighter, fluffier mash use potatoes such as Maris piper or Russet.

**NUTRITIONAL VALUES**

**PER SERVING**

Calories 493

Total Sugars 18.34g

Total Fats 9.96g

Saturated Fats 3.64g

Salt 1.87g

Fruit & Veg 3.8