

# Simple Cottage Pie

Serves 8



## Cottage Pie

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### Ingredients

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- 750g lean mince
- 4 cups mixed vegetables frozen
- 6 large potatoes peeled
- 2 Tbsp oil
- 1 large onion diced
- 3 cloves garlic crushed, peeled then chopped
- 1 heaped Tbsp plain flour
- 3 Tbsp tomato paste
- 1/3 cup milk
- big pinch of pepper
- pinch of salt (optional)
- 1 cup Edam cheese grated.

### Method

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1. Preheat the oven on bake at 170c
2. Peel and chop potatoes, then boil for mashing
3. Heat oil in large pan then add the onions and garlic cook until transparent
4. Add the tomato paste and cook out for about 30 seconds, don't burn
5. Add the mince with salt and pepper, mix well and cook out for approx. 5 minutes
6. When brown, sprinkle the flour over then mix well and cook out for 30 seconds
7. Add ¼ cup of water and mix well
8. Add the vegetables mix well and simmer for approx. 3 minutes
9. Place cooked mince mix into baking tray and spread out evenly
10. Mash the potatoes, add the milk, salt and pepper then mix well
11. Sprinkle the cheese on top
12. Place the tray in oven and cook until golden brown approx. 30 minutes
13. Serve with a nice salad.