FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Veg up Beef Cottage Pie



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**494 kcal**

Stuff that's in it:

• 750G 5% Fat Beef Mince

• 190G Onion (Diced)

• 107G Frozen Peas

• 140G Carrot (Diced Very Small)

• 850G Maris Piper Potatoes (Peeled And Chopped)

• 110G Celery (Chopped)

• 500Ml Beef Stock

• 150G Courgette (Chopped)

• 5Ml Worcester Sauce

• 5G Marmite

• 1 Tsp Garlic Powder

• 1 Tbsp Tomato Purée

• 30Ml Skimmed Milk ((For Mashing))

• 10G Reduced Fat Cheese (To Sprinkle On Top)

What you do:

Pre heat your oven to 180˚c

Peel and chop your potatoes then boil in hot water for around 25 minutes until soft and ready to mash.

In a large deep pan, add a squirt of oil, heat ,then add the celery, onion, carrot and courgette, gently soften for 5 minutes then add the mince beef, breaking up as you go and brown all over, add the garlic powder Worcester sauce, tomato purée and marmite and mix through and add some black pepper and mix well.

Add the stock then the peas, bring to the boil, then simmer for around 20 minutes until thick.

Set aside to cool slightly.

Mash your potatoes add a little skim milk and lurpack and stir until smooth.

Add your mince to a square baking dish that you can divide into 4 big portions (or bake individually).

Then top with the mash and level out until even, I use a fork to make lines across for a nice effect.

Then sprinkle cheese and black pepper and bake in the oven for 15 mins until bubbling and golden.

Nutrition

• Carbs: 50g

• Fat: 10g

• Protein: 48g

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