

Cottage Pie, Peas

Ingredients



- 250g minced beef
- 150g porridge oats
 - 3 onions, diced
 - 2 carrots, grated
- 2 courgettes, grated
- 500ml beef stock
- 6 potatoes, peeled and cubed
 - 1 tbsp butter
- 200g frozen vegetables

Method

1. Brown the mince and onions in a large pot over a medium heat for 5 minutes.
2. Stir in grated carrot and courgette and cook for 2 minutes.
3. Add the porridge oats, and stock and stir well.
4. Bring to the boil then reduce heat and simmer for 30 minutes checking frequently in case it needs more liquid.
5. Meanwhile put the potatoes in a pot of cold water and bring to the boil.
6. Reduce heat and simmer for 15-20 minutes until tender.
7. Drain and return to the pot.
8. Add the butter and mash well.
9. Put the cooked mince mix into a large dish and top with the mashed potatoes.
10. Cook in the oven at 200c for 20 - 30 minutes.
11. Serve with mixed veg cooked as per the pack instructions.