

Cottage Pie

Per Portion
320 Calories
14g Protein
46.25g Carbs
8.4g Fat



Ingredients

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

Method

1. Peel the potatoes and cut them into small bite-sized pieces. Wrap them in foil and place in the air fryer for 35 minutes at 200C. Make sure the foil is tight as the potatoes are basically steaming.
2. Place the minced beef and diced onions in the air fryer basket.
3. Use a wooden spoon to break up the mince and evenly distribute the onions.
4. Cook the mince and onions in the air fryer at 200°C for 2 minutes.
5. Open the air fryer drawer and stir the mince, breaking it up further.
6. Continue cooking the mince in 2-minute intervals, stirring, and breaking it up each time, until it is browned.
7. Add the grated carrots and grated courgette, to the air fryer basket. Mix well with the browned mince.
8. Cook the mixture for another 5 minutes in the air fryer.
9. Add the porridge oats, and stock and stir well.
10. Cook the mince in the air fryer for 15 minutes. Stirring occasionally to ensure even cooking.
11. Take the potatoes out of the air fryer and transfer them to a bowl. Mash them and add butter/milk as required.
12. Spoon the mashed potatoes on top of the mince pie mixture. Cook for 15 minutes at 200C or until piping hot and golden on top.
13. Serve with frozen mixed veg cooked as per the pack instructions.

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*