

Cottage Pie Meat

Serves 2

Ingredients:

300g of lean minced beef
1 Onion
¼ red, green, yellow pepper
2 Mushrooms
1 cloves of garlic
½ tin of chopped tomatoes
2 tbsp tomato puree
1 beef stock cube
1 tsp mixed herbs
1 tsp sugar
1 tbsp chopped basil
Salt and Pepper to season

Equipment

Vegetable knife
Chopping Board
Chef's Knife
Large saucepan
Medium saucepan
Wooden spoon
Colander

Method:

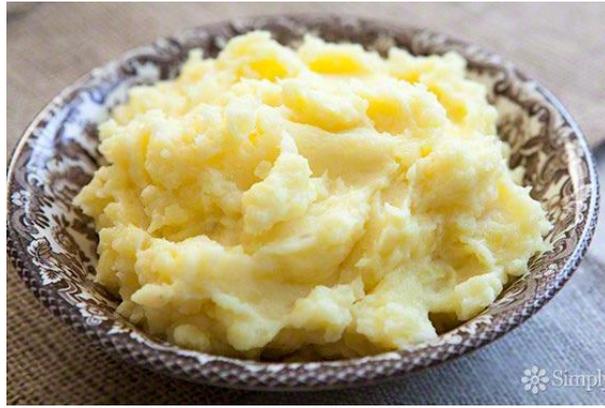
1. Peel and dice all vegetables. Keep waste to one side.
2. Crush and finely dice the garlic.
3. Fry mince in pan on a medium heat with no cooking oil.
4. When mince is lightly browned (5 mins)
add all veg for 5 mins. until soft.
5. Add herbs and garlic.
6. Add tomato puree and stock cube and cook for
4 minutes. This will cook out the bitter taste from the puree. Then add
the tinned tomatoes.
7. Simmer for 5 mins- then take off the heat.

Perfect Mashed Potatoes Recipe

Prep time: 10 minutes

Cook time: 25 minutes

Yield: Serves 2



Always put potatoes in cold water to start, then bring to a boil. That way the potatoes cook more evenly.

Ingredients

340g potatoes, peeled and cut lengthwise into quarters

1/2 teaspoon salt

2 Tbsp (30 g) butter

30ml milk (or more)

Salt and Pepper

Method

- 1 Cover peeled, cut potatoes with cold, salted water Turn the heat on to high, and bring the water to a boil.
- 2 Reduce the heat to low to maintain a simmer, and cover. Cook for 15 to 20 minutes, or until you can easily poke through them with a fork.
- 3 Drain cooked potatoes, and add butter and milk.
- 4 Mash the potatoes with a potato masher. Then use a strong wooden spoon to beat further.
- 5 Add salt and pepper to taste.