

Cottage Pie Meat



Ingredients:

150g 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

Method:

Peel and dice all vegetables. Keep waste to one side.

Crush and finely dice the garlic.

Fry mince in pan on a medium heat with no cooking oil.

When mince is lightly browned (5 mins) add all veg for 5 mins. until soft.

Add herbs and garlic.

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.

Simmer for 5 mins- then take off the heat.

Perfect Mashed Potatoes Recipe

Always put potatoes in cold water to start, then bring to a boil.

That way the potatoes cook more evenly.

Ingredients

250g potatoes, peeled and cut lengthwise into quarters

1/2 teaspoon salt

2 Tbsp (30 g) butter

30ml milk (or more)

Salt and Pepper

Method

Cover peeled, cut potatoes with cold, salted water turn the heat on to high, and bring the water to a boil.

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.

Drain cooked potatoes, and add butter and milk.

Mash the potatoes with a potato masher.

Then use a strong wooden spoon to beat further.

Add salt and pepper to taste.

Layer the meat and cover with mashed potato bake in oven for 20 minutes at 180 degrees or until golden brown