

Easy to make and a family favourite at meal times

This recipe uses lean mince to cut down on the fat content. Try to buy lean mince in bulk packs when on 'special' and freeze what you don't need making sure it is well covered or wrapped. Use a lot of fresh or frozen vegetables in mince or meat stewing dishes to bulk them up. It keeps the price of the dish down and the health benefits up. A lot of Kiwis are in the habit of eating far more meat than we need in our diet so add less meat but put in more vegetables. Remember frozen vegetables are very high in vitamins and minerals because the nutrients are frozen in straight from harvesting.



Easy Cottage Pie

Ingredients

(serves family of 5)

Potatoes	5 large
Oil canola, sunflower, or olive oil	3 table spoons
Onion diced	1 large
Garlic crushed diced	3 cloves
Lean minces	750 grams, about 3 cups
Plain flour	1 heaped tablespoon
Frozen mix vegetables of your choice	500g mixed/ 2 cups
Trim milk	½ cup
Salt and pepper	
Grated cheese (optional)	sprinkling

Method

1. Peel and chop potatoes and boil for mash topping
2. Then in a large frying pan heat 3 level table spoons oil
3. Turn the heat down
4. Add chopped onions and gently fry until transparent
5. Add garlic and continue to cook for 1 minute
6. Add mince with good pinch of salt and some pepper and cook until browned
7. You will have to break the mince up into pieces using a wooden spoon as you cook
8. Once brown, sprinkle with plain flour over the mince to thicken the juices and mix through
9. Then add quarter of a cup of water
10. Add vegetables to the mince
11. Mix mince and vegetables together and place in a 2 litre dish
12. Once potatoes are cooked, mash with 1 tablespoon and about ½ cup milk then add salt and pepper to taste
13. Place mashed potato over mince pressing down with a fork
14. Grated Edam which has 25% less fat cheese may be added on the top
15. Bake at 170°C for 30 minutes then serve

Tip!

Start with boiling the potatoes as these will take the longest to cook.