

Cottage Pie

Ingredients

- 100g lean minced beef
- $\frac{1}{4}$ onion, finely chopped
- $\frac{1}{2}$ small carrot, finely chopped
- 1 mushroom, finely chopped
- 40g aduki beans in water, drained and rinsed
- 100ml beef stock
- 2 tsp tomato puree
- 1 tsp Worcestershire sauce
- 2 tbs red wine
- 100g potatoes, peeled and sliced into chunks
- 50g cauliflower, sliced into chunks
- 1 tsp Horseradish sauce
- 1 tsp Olive oil



Method

- Dry fry beef, onion and mushrooms in a pan
- Add carrot, beans, stock, tomato puree, red wine and Worcestershire sauce
- Cook for 5 mins until stock has reduced
- Place into a serving dish
- Put potatoes into a medium pan of boiling water, boil for 20 mins
- After 10 mins of cooking add the cauliflower
- When cooked, remove the pan of potatoes and cauliflower from the heat and drain thoroughly
- Put potatoes and cauliflower back into the pan, add the olive oil and horseradish sauce
- Mash with a potato masher until creamy and lump free
- Place carefully on top of the beef mixture
- Bake in the oven for 20 mins (gas 4, 180°C) serve immediately