



Baking with Gary

COTTAGE PIE

Total Time: 1 hr

Makes: 2

Ingredients:

3 tbsp olive oil
500g beef mince (5% fat)
2 onions finely chopped
2 carrots chopped
2 tsps lazy garlic
3 tbsp plain flour
1 tbsp Tom purée
600ml beef stock
2 tbsp Worcester sauce

For the mash:

600g potatoes
Milk
Butter
Salt
Pepper

Method:

1. Heat 1 tsp of olive oil in a large frying pan, fry the mince until browned. Add the onion.
2. Add the other 2 tbsp of olive oil into the pan, add the carrot and garlic, then cook on a gentle heat for 20 minutes.
3. Add the flour, stock, peas and Worcestershire sauce. Bring to a simmer and cook for 30 minutes, season well.
4. Make the mash, then spoon the meat mixture into an ovenproof dish.
5. Pipe or spoon the mash to cover
6. Heat oven to 220c/200c fan/gas 7 for 30 minutes.

