

veggie cottage pies

veggie cottage pies

Preparation 30 | Cooking 45 mins | Serves 4

- 1 tbs olive oil
- 1 brown onion, finely chopped
- 1 garlic clove, crushed
- 1 large carrot, finely chopped
- 1 stick celery, finely chopped
- 100g button mushrooms, finely chopped
- 400g lean beef mince
- 1 tbs plain flour
- 500 ml jar tomato pasta sauce
- 1 tsp Worcestershire sauce
- 500g Desiree potatoes, peeled and roughly chopped
- 2 tbs butter or margarine
- ½ cup reduced fat milk
- 200g fresh green peas, shelled

STEP 1 Heat oil in a medium frying pan over medium heat. Add onion, garlic, carrot, celery and mushrooms and cook, stirring often, for 4-5 minutes until softened.

STEP 2 Increase heat to high. Add beef mince and cook, breaking up the mince with a spoon, for 5 minutes or until browned. Sprinkle with flour and cook, stirring constantly, for 1 minute. Stir in tomato and Worcestershire sauces. Reduce heat to medium-low, cover and simmer for 25 minutes or until thick. Add peas, cover and cook for 5 minutes or until peas are tender.

STEP 3 Meanwhile, cook potatoes in a saucepan of boiling water for 12-15 minutes or until tender. Drain and return potatoes to the pan. Add butter and milk. Mash until smooth.

STEP 4 Preheat a grill on medium-high heat. Spoon hot beef mixture into 4 x 1 cup ovenproof dishes or 1 x 5-cup shallow baking dish. Top with mashed potatoes. Place under hot grill and cook until potato is golden and serve.