



COLCANNON COTTAGE PIE



INGREDIENTS

For the colcannon topping:

500g potatoes - cooked and mashed

1/4 savoy cabbage - shredded thinly

2 spring onions - sliced thinly

75g reduced fat cheddar **cheese** – grated

For the base:

400g lean mince beef or lamb OR

1 can green lentils

1 large onion – peeled and finely diced

1 clove garlic – peeled and chopped

1 large carrot – peeled and grated

1 celery stick – washed and diced

50g dried red lentils

2 teaspoons plain **flour**

1 teaspoon tomato puree

1 teaspoon yeast extract (eg. Marmite)

1 reduced salt vegetable **stock cube**

1 teaspoon mixed herbs and parsley

300ml water

150g frozen peas

SERVES: 4-6

PREP TIME: 20 minutes

ALLERGENS: cereals containing gluten,
milk

COOK TIME: 20-25 minutes

METHOD

- 1** Cook the potatoes in a saucepan. Once soft, drain the water, mash them and set aside.
- 2** Place the mince into a large saucepan and cook over a medium heat until browned. If using the lentils, open the tin and tip straight into the saucepan (with the water).
- 3** Add the rest of the base ingredients to the pan (onion, garlic, carrot, celery, red lentils, flour, puree, herbs, marmite and water) and mix well. Return the pan to the hob, bring to the boil and then simmer for 20-25 minutes until the vegetables are softened and the sauce has thickened slightly.
- 4** Stir the frozen peas into the lentil mixture, then transfer into a medium-sized oven proof dish and spread in an even layer.
- 5** Add the cabbage, spring onions and half of the cheese to the mashed potato. Mix together and then spoon the potato mixture over the lentils and using a fork gently level it out.
- 6** Sprinkle over the remaining cheese, then bake in a preheated oven (190oC/Gas 5) for 15-20 minutes until golden brown and bubbling.
- 7** Serve immediately with some steamed vegetables.