

Cottage Pie



The name “cottage pie” was first used at the end of the 18th century. It was around that time that the poorer people of Britain, people who lived in cottages in the country, started using potatoes as everyday food. Then, pies made this way were very popular because they were economical, today they are popular because they are easy, economical and *delicious*.

Ingredients

- 1 kg lean beef mince
- 500 g Black & Gold frozen mixed vegetables, thawed
- 2 x 500g jar vegetarian pasta sauce
- 1 kg mashed potato (I used Birds Eye Traditional Mashed Potato)

Method:

1. In a large non-stick frying pan over medium heat, brown the mince and season with sea salt and cracked pepper.
2. Add the frozen vegetables and mix well.
3. Pour over the pasta sauce, stir, reduce heat and simmer for 10 minutes.
4. Preheat oven 180C.

5. Pour the mince into a pie dish and top with mashed potato and season well.
6. Bake for 20 minutes or until the potato is golden brown.