



## Cottage pie with peas and broccoli

### Ingredients

700g minced quorn ( or beef)  
1 small onion, peeled and diced  
1 small carrot, peeled and diced  
1 stick of celery, diced  
2 tablespoons tomato purée  
2 tablespoons dried mixed herbs  
½ teaspoon black pepper  
2 tablespoons plain flour  
300ml water, boil  
5 medium sized old potatoes. Peeled  
30g vegetable spread or butter

### How to cook me

1. Dry-fry the mince in a large frying pan and skim off any fat.
2. Add the diced onion, carrot, celery, tomato purée, herbs and pepper and mix well.
3. Blend the flour with a little of the water to make a smooth paste, add this to the remaining water and then add it to the mince mixture.
4. Bring to the boil, and then cover and simmer for one hour.
5. Boil the potatoes until soft, and then drain them and mash with the vegetable spread or butter.
6. Place the mince mixture in an ovenproof dish and top with the mashed potato. Place under a hot grill to brown the potato.