Dinner

Beef Cottage Pie with Cheddar Mash

A savoury bake of bacon and beef mince simmered with red wine, thyme and peas, tucked under a creamy mashed potato topping that turns golden with melted cheddar on top.



Nut free

85 min	355	22 g	5.5 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 teaspoon extra virgin olive oil
- [ ] 100 g middle rasher bacon, chopped
- [ ] 1 onion, finely diced
- [ ] 1 carrot, peeled and finely chopped
- [ ] 1 celery stalk, trimmed and finely chopped
- [ ] 2 large garlic cloves, crushed
- [ ] 500 g lean beef mince
- [ ] 1 tablespoon tomato paste, no added salt
- [ ] 1 cup (250ml) red wine
- [ ] 1 tbsp thyme, finely chopped (or 1 tsp dried thyme)
- [ ] Freshly ground black pepper
- [ ] 1 cup frozen peas
- [ ] 1 tablespoon flour
- [ ] 250 ml beef stock, reduced salt
- [ ] 1 bay leaf
- [ ] Freshly ground black pepper
- [ ] 1 kg Carisma potatoes, peeled and halved
- [ ] 1/3 cup reduced fat milk
- [ ] ½ cup grated reduced fat cheddar cheese

Nutrition Facts

Per serving

Calories	**355**
Total fat	14.7 g
Saturated fat	6 g
Sodium	589 mg
Total carbs	22 g
Fiber	6.7 g
Total sugars	5.5 g
Protein	36 g

Method

- [ ] **1** Preheat the oven to 200 degrees Celsius.
- [ ] **2** Heat the extra virgin olive oil in a large nonstick casserole dish. Add the chopped middle rasher bacon and cook until golden and crispy.
- [ ] **3** Tip in the finely diced onion, chopped carrot and celery, and crushed garlic cloves. Cook for a few minutes until the vegetables are soft.
- [ ] **4** Add the lean beef mince, breaking it up with a spoon, and cook for several minutes until browned.
- [ ] **5** Stir in the tomato paste, red wine, thyme, freshly ground black pepper and frozen peas. Bring to the boil, then lower the heat and simmer for several minutes until the liquid has reduced slightly.
- [ ] **6** Sprinkle in the flour and stir through. Pour in the reduced salt beef stock and tuck in the bay leaf. Simmer for about 10 minutes until the liquid thickens slightly, then turn off the heat and cover.
- [ ] **7** Meanwhile, boil the peeled and halved Carisma potatoes in a large saucepan until soft. Drain, return them to the pan, add the reduced fat milk and mash until smooth and lump free.
- [ ] **8** Spoon the meat mixture into an ovenproof baking dish and spread it out evenly. Cover with the mashed potato, spreading it right to the edges, then scatter the grated reduced fat cheddar cheese over the top.
- [ ] **9** Bake in the hot oven for about 30 minutes until the top is golden.

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