

## Shepherds (cottage) pie with green beans

Ingredients for 4 portions

**plus fruit**

500g 5% mince

1 large or 2 small Onions

2 carrots

2 beef oxo cubes

Sunflower fry light

750g potatoes

Butter and milk to mash

Salt and pepper to taste

400g Green beans (frozen)

### Method

1. Preheat the oven. Gas no 6, 180c fan or 2000c
2. Peel the potatoes and cut into small even sized pieces., boil in salted water until cooked.
3. While the potatoes are cooking peel and chop onions, peel and dice or grate the carrots
4. Spray a large pan with fry light and gently fry the onions until soft and add to the pan and fry gently until browned.
5. Add the mince and fry until browned.
6. Add the carrots.
7. Make up the stock and add as needed
8. Simmer gently for about 10 minutes. Season to taste
9. Drain and mash the potatoes adding butter and milk as needed
10. Put the mince mixture into containers and top with the mashed potatoes.
11. Bake until the top is golden brown.
12. Cook the beans while the pie is cooking

**BE SURE TO USE SEPARATE UTENSILS WHEN PREPARING THE  
VEGETARIAN OPTION**

**Country vegetable pie with green beans**

**Ingredients for 4 portions**

**plus fruit**

700g mixed vegetables (carrot, parsnip, leeks)

1 large or 2 small Onions

2 Cloves of garlic

750g potatoes

2 tablespoons fresh chopped parsley (or dried parsley)

50g flour

50g vitalite

400ml soya milk

Soya milk and vitalite for mashing potatoes

sunflower fry light

Salt and pepper to taste

400g Green beans (Frozen)

**Method**

1. Preheat the oven. Gas no 6, 180c fan or 2000c
2. Peel the potatoes and cut into small even sized pieces., boil in salted water until cooked.
3. While the potatoes are cooking peel and chop onions. Pele and cut carrots and parsnips into even chumks. Trim and cot leeks into 1” pieces
4. Boil the vegetables in salted water until cooked but firm
5. Spray a large pan with fry light and gently fry the onions and crushed garlic until soft.
6. Make the parsley sauce and season. (roux or all in one)
7. Drain the vegetables and add the sauce and onions and stir gently until well mixed.
8. Drain and mash the potatoes adding butter and milk as needed

9. Put the vegetable mixture into containers and top with the mashed potatoes.
10. Bake until the top is golden brown.
11. Cook the beans while the pie is cooking