



Cottage pie with sweet potato

Cottage pie with sweet potato

Serves 6-8

4 large sweet potatoes, peeled and cubed
little oil, for frying

2 onions, finely chopped

2 garlic cloves, finely chopped

1kg minced beef

1 beef stock cube

375ml water

1tbsp Worcester sauce

4tbsp tomato ketchup

a little warm milk and butter, for the top
salt and pepper

To serve

Salad

- 1 Preheat the oven to 190°C/gas mark 5.
- 2 Bring a large saucepan of lightly salted water to the boil and cook the potatoes until soft. Then drain and set aside.
- 3 In the meantime, heat the oil in a frying pan and fry the onions and garlic until soft.



4 Add the minced beef and fry until brown.

5 Add the stock cube, water, Worcester sauce, and tomato ketchup and bring to the boil. Simmer for 20 minutes until cooked. Add a little water if the sauce becomes too thick.

6 Mash the sweet potatoes with a fork and add warm milk and butter. Season to taste.

7 Divide the meat into six to eight individual bowls or ramekins and spoon the sweet potato mixture on top of each.

8 Place in the hot oven and bake for 20-30 minutes. Serve with a salad.

Fat	28g	Saturated fat	11g	Energy	436kcal
Protein	30g	Sodium	.3g	Fibre	1g
				Carbs	17g

Brought to you by..

Easy Food