



Cottage Pie with Parsnip Topping

A spicy parsnip topping on this cottage pie makes a change from mashed potatoes. Make your own healthy ready meals by freezing single portions (use microwaveable plastic tubs) which you can heat up in the microwave or oven whenever you like! If you're feeling sociable, sit down as a family or group of mates to eat this dish together.

Nutritional information per portion (345g):

calories	fat	saturates	sugars	salt
216.6	8.3g 12%	2.9g 15%	8.7g 10%	0.6g 10%

of an adult's guideline daily amount



Wheat/gluten and fish (if using Worcestershire sauce)

Equipment

Weighing scales
Ovenproof dish
Saucepan x 2
Sharp knife
Chopping board
Colander
Vegetable peeler
Measuring spoons
Measuring jug
Kettle
Masher
Frying pan
Wooden spoon
Clean, damp cloth
Oven gloves
Scissors (optional)

Ingredients

Serves 4-6
400g lean minced beef
2 medium onions
1 carrot
100g mushrooms
1 beef stock cube
1 x 5ml spoon plain flour
350ml boiling water
1 x 5ml spoon dried mixed herbs
OR the leaves from 4 sprigs of rosemary and 4 sprigs of thyme
1 x 5ml spoon Worcestershire sauce (optional)
6 large parsnips
1 x 5ml spoon ground cumin (optional)
1 x 5ml spoon vegetable oil
Black pepper (optional)



Top Tips

- Don't worry if the gravy in the mince looks a bit thin at first. It will thicken up as it cooks.
- If re-heating from frozen, make sure that the cottage pie is cooked all the way through and it is piping hot in the middle.





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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Wash the carrot. Peel it and chop into small pieces (about the size of a dice).
3. Peel and chop both onions into small pieces. Place into 2 piles. Half will be used with the mince and half for the parsnip topping.
4. Wipe the mushrooms with a clean, damp cloth to remove any dirt. Finely slice the mushrooms.
5. If using fresh herbs, snip them finely with the scissors.
6. Place the saucepan on the hob. Add the mince, turn the heat on to high and stir until it is browned. There is no need to add any oil.
7. Add half the chopped onions, the carrot and the mushrooms. Cook for 5 minutes.
8. Measure 350ml boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
9. Sprinkle the plain flour over the mince and vegetables and stir well until there are no floury lumps. Stir in the stock.
10. Add the dried or fresh herbs, black pepper to taste (if using) and Worcestershire sauce (if using). Turn the heat down and leave to simmer for 15 minutes.
11. Whilst the mince is simmering, make the parsnip topping. Wash and peel the parsnips and chop into slices (about 4cm thick). Place into a saucepan and cover with boiling water. Boil for 10–15 minutes until they are soft. Insert a knife into one of the parsnips and if it slides in easily, they are ready. If they are a bit hard, cook for a few more minutes.
12. Whilst the parsnips are boiling, heat the oil in the frying pan and add the onions and cook over a high heat, stirring all the time.
13. Add the cumin to the onions (if using). Turn the heat down to medium and cook the onions for 5–10 minutes until they are soft. Stir regularly.
14. When the parsnips are cooked, drain the water away and mash them. Mix the cooked onions into the parsnip mash.
15. Spoon the cooked mince mixture into the ovenproof dish. Then add the parsnip and onion topping. Bake in the oven for 25–30 minutes until the topping is brown.

Something to try next time

- Use minced lamb instead of beef for a shepherd's pie.
- Swap half the parsnips for potatoes or sweet potatoes.

