

Fresh for Kids®

# Veggie cottage pies



## Veggie cottage pies

**Preparation:** about 25 minutes

**Cooking time:** about 40 minutes

**Serves:** 4

1 tbs olive oil  
1 small brown onion, finely chopped  
1 garlic clove, crushed  
1 large carrot, finely chopped  
1 stick celery, finely chopped  
100g button mushrooms, finely chopped  
400g lean beef mince  
1 tbs plain flour  
500 ml (2 cups) bottle tomato pasta sauce  
1 tsp Worcestershire sauce  
500g Desiree potatoes, peeled and roughly chopped  
2 tbs butter  
1/3 cup reduced fat milk  
200g fresh green peas, shelled

1. Heat oil in a medium frying pan over medium heat. Add onion, garlic, carrot, celery and mushrooms and cook, stirring often, for 5 minutes.
2. Increase heat to high. Add beef mince and cook, breaking up the mince with a spoon, for 5 minutes or until browned. Sprinkle with flour and cook, stirring constantly, for 1 minute. Stir in tomato and Worcestershire sauces. Reduce heat to medium-low, cover and simmer for 20 minutes. Add peas, cover and cook for 5 minutes or until peas are tender.
3. Meanwhile, cook potatoes in a saucepan of boiling water for 12–15 minutes or until tender. Drain and return potatoes to the pan. Add butter and milk. Mash until smooth.
4. Preheat a grill on medium-high heat. Spoon hot beef mixture into 4 x 1 cup ovenproof dishes or 1 x 5-cup shallow baking dish. Top with mashed potato. Place under hot grill and cook until potato is golden and serve.

Fresh for Kids®  
freshforkids.com.au



### Potatoes

- A good reliable source of vitamin C, the vitamin that helps protect the body against infection.
- Provide dietary fibre in the skin and the flesh.