

Cottage pie

A homely version of the Australian¹ national dish.

Meaty carrots in a tomato sauce with a tangy mash of potatoes and parsnips on top.

Ingredients below make 6 serving portions.

Ingredients

Filling

- 1 large onion
- 2 medium carrots
- 15 ml Zaytoun **FAIRTRADE** olive oil
- 500 g beef mince
- 400 g can chopped tomatoes
- 15 g fresh herbs (ideally sage and thyme)
- 30 ml tomato puree
- to taste salt and freshly ground **FAIRTRADE** black pepper

Topping

- 750 g potatoes
- 225 g parsnips
- 50 g butter
- 50 ml milk
- 30 ml creamed horseradish

Method

Preheat the oven to Gas Mark 5.

Skin the onion and chop small.

Skin the carrots and chop to small cubes

Pick, wash and chop any fresh herbs that you are using.

Skin the potatoes and parsnips and cut into 1 cm chunks.

Cover the potatoes and parsnips with cold water and put on a high flame.

Heat up to boiling, cover, and simmer well for 15 minutes until tender.

Meanwhile, fry the carrot over medium heat for 5 minutes.

Add the onion and fry more gently for another 5 minutes.

Add the minced beef and stir fry for 3 to 5 minutes to brown.

Add the chopped tomatoes, tomato puree, and chopped herbs.

Cover and simmer very gently for 20 minutes or until the carrots are tender.

Season with salt and pepper to taste.

When the potatoes and parsnips are cooked, drain and mash with the butter and milk.

Stir in the horseradish and season with salt and pepper.

Spoon the meat into an ovenproof dish. Top with the mash and bake for 30 minutes until golden brown.

To serve

Serve hot with a green vegetable on the side.

¹<http://www.fairtradecookbook.org.uk/countries/australia.htm>