



COME ON

LET'S
**DO
THIS**

Fat	Saturates	Sugar	Salt
LOW	LOW	LOW	LOW

per 100g

Portions
fruit & veg
per serving
4

Cottage pie

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 20 mins | cook 55 mins

Cottage pie

Give this family favourite a **healthy boost** – adding lentils to your cottage pie and sweet potato to the topping makes it tastier as well as giving you an extra portion of veg towards your five-a-day.

Ingredients

- 200g sweet potatoes, peeled and chopped
- 300g potatoes, chopped (no need to peel)
- Small pinch pepper and salt
- 50ml skimmed milk
- 1 large onion (120g), finely chopped
- 250g lean minced beef
- 1 leek (160g), chopped
- ¼ swede (80g), finely diced
- 1 carrot (80g), finely diced
- 1 tbsp plain flour
- 1 x 400g tin chopped tomatoes
- 1 low salt beef stock cube and 400ml water.

Healthy boost ingredients

- 1 x 400g tin green lentils, drained (240g).

Continued



Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
328	5.6g	1.8g	13.1g	0.7g
16%	8%	9%	15%	12%

% = an adult's reference intake

Brought to you by the National Charity Partnership – a partnership between Tesco and registered charities Diabetes UK and the British Heart Foundation.

Cottage pie

Method

1. Preheat oven to 180°C/Gas 4
2. Add the potatoes and sweet potatoes to a pan, cover with boiling water, cooking for 15–20 minutes until soft. Drain, saving the water and reserving. Season, then mash, adding the milk and beating with a wooden spoon until smooth and creamy, then set aside
3. Meanwhile, add the oil to a pan, then add the onion and cook for 5 minutes stirring regularly until starting to brown, then add the beef and stir 4–5 minutes until browned, breaking up any clumps of mince with the back of a wooden spoon
4. Now add the leek, carrot and swede, stir 1–2 minutes then add the flour and stir, coating everything well
5. Gradually stir in the stock then mix in the tomatoes, stirring constantly and bring to the boil
6. Turn the heat down, cover and simmer gently until the vegetables are soft then stir in the lentils and pepper
7. Put into an ovenproof dish and top with the mash, creating little peaks with a fork so they become crispy. Bake for 30–35 minutes until golden brown.



Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
328	5.6g	1.8g	13.1g	0.7g
16%	8%	9%	15%	12%

% = an adult's reference intake

Brought to you by the National Charity Partnership – a partnership between Tesco and registered charities Diabetes UK and the British Heart Foundation.