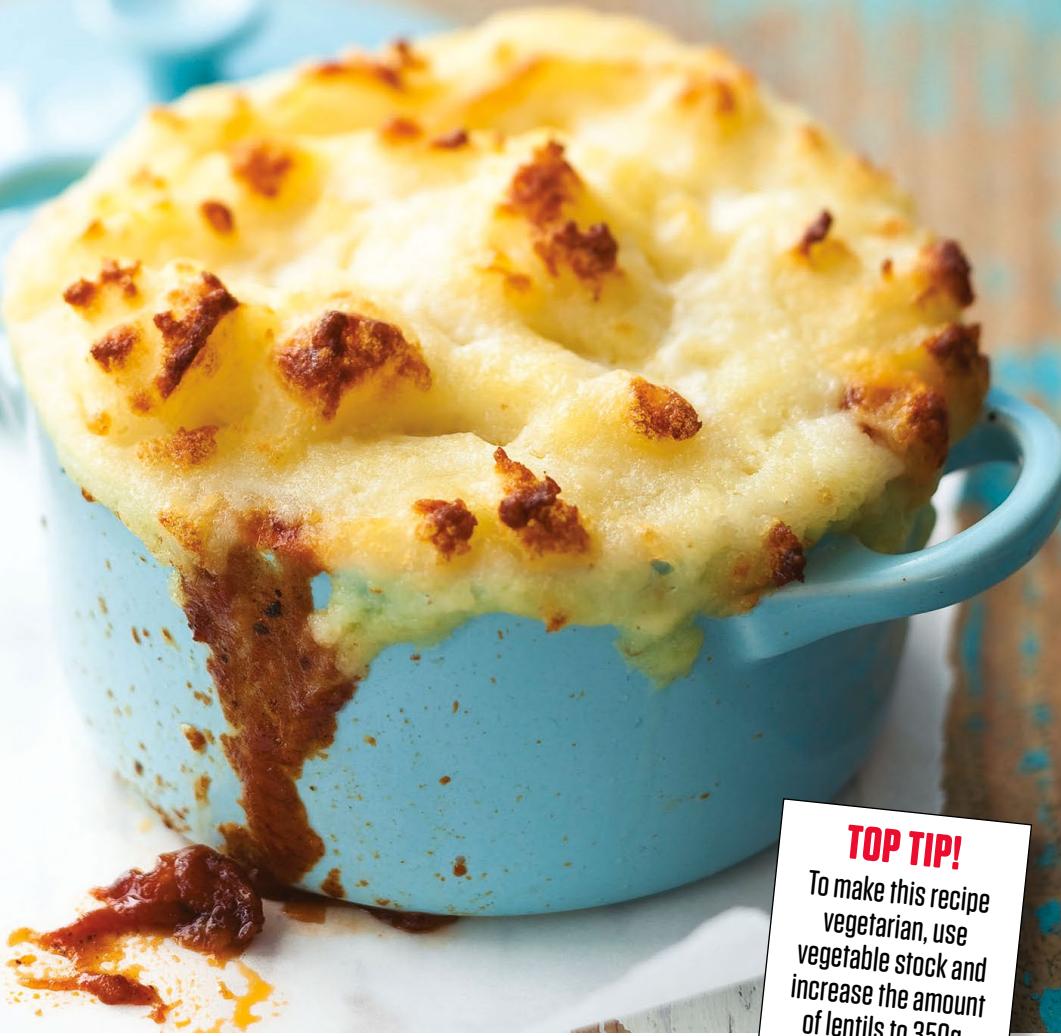


THE LAB

Three things to make and do



TOP TIP!

To make this recipe vegetarian, use vegetable stock and increase the amount of lentils to 350g.

1 Make mini cottage pies

Cook up a winter warmer that will feed your whole family.

What you need

Makes enough to serve 8 people:

- 1tbsp oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 2 carrots, chopped
- 1 stick **celery**, chopped
- 250g beef mince
- 2tbsp tomato puree
- 400ml beef stock
- 100g green **lentils**
- 1.2kg potatoes, peeled and chopped
- 50g **butter**
- 75ml **milk**
- 60g cheddar **cheese**
- Two saucepans
- Wooden spoon
- Potato masher
- 8 individual dishes or ramekins

Instructions

- 1 Ask an adult to help you chop up and fry the onion. Cook for about five minutes in a saucepan and, when softened, add the carrots, celery and garlic. Fry for a further two minutes and add the beef mince.
- 2 Brown the meat, then add the tomato puree and mix to combine. Pour in the stock, add the lentils and bring to a simmer. Cook for 40 mins, stirring from time to time.
- 3 While your mixture is cooking, put the potatoes into another pan and cover with hot water. Cook until the potatoes are nice and soft.
- 4 Heat the oven to 180°C/gas 4. Drain the potatoes and pop them back in the pan. Add milk and butter, and mash them until you have a creamy texture. Season to taste.
- 5 When the beef has cooked for 40 minutes, spoon the mixture into your dishes or ramekins, using equal amounts in each one. top them with some mashed potato and a handful of cheddar cheese.
- 6 Pop your pies onto a baking tray, then cook in the oven for 30 minutes until the top is golden brown. Serve warm.



Mash your potatoes with butter and milk.

How does it work?

Cottage pie was invented in the late 18th century.

Traditionally, it was created from left-over Sunday dinner and baked as a pie in the oven. It was named "cottage pie" because it was popular among working people who lived in small cottages. Cottage pie with its seasonal root vegetables, like carrots and potatoes, is a perfect dish to serve on cold winter days. It contains all the food groups you need – protein, carbohydrates, vegetables and dairy – giving you a well-rounded meal with lots of nutrients.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy