

## Cottage Pie

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Cottage Pie recipe

### Ingredients & Quantities

- 150g of Minced Beef
- 40g of Minced TVP
- 70g of Carrots
- 40g of Onions
- Stock or Water (see method)
- 10g of Plain Flour
- 570g of Potatoes
- 120m of Water (for TVP)

### Method

1. Soak the TVP mince in warm water.
2. Seal the mince and vegetables in their own juices in a saucepan and add sufficient stock or water to cover the meat and vegetables.
3. Add the TVP, bring to the boil and simmer for about 2 hours, stirring occasionally.
4. Season and thicken with plain flour if necessary.
5. Dish mixture in to a deep tin or dish and cover with cooked, sliced potato and brown in a hot oven, 450F/230C.