



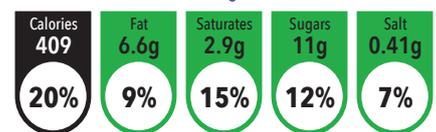
## COTTAGE PIE WITH COLCANNON MASH

 **Prep: 25 minutes**

 **Cook: 25 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

### INGREDIENTS:

- 800g King Edward potatoes, cut into chunks
- 1/4 small Savoy cabbage, shredded (100g)
- 4 tbsp milk
- 2 tsp **LoSalt**
- 500g pack minced beef
- 1 onion, diced (180g)
- 1 large carrot, diced (180g)
- 1 1/2 tbsp 25% less salt gravy granules (18g)
- 150g frozen peas

### METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Cook the potatoes in boiling water for 10-15 minutes or until tender, remove with a slotted spoon and add the cabbage to the water, cook for 3 minutes then drain. Return the potatoes back to the pan and add the milk, half the **LoSalt** and black pepper then mash well, stir in the cabbage and set aside.
3. Meanwhile, fry the mince, onion and carrot in a large saucepan for 3-4 minutes to brown, stir in the gravy granules, 300ml water and remaining **LoSalt**. Cover and simmer for 10 minutes, remove the lid and cook for a further 3-5 minutes. Stir in the peas and transfer to a 2 litre ovenproof serving dish. Spoon the Colcannon mash on top and bake for 25 minutes until beginning to brown.

### COOKS TIP:

Try using sweet potato with the cabbage for the mash.