

Cottage Pie

1 large onion
1 garlic clove or garlic granules
2 carrots
100g peas frozen in a tub (don't worry if defrosted) or one tin of peas (not mushy)
1 celery stick
1 x 15ml spoon olive oil
500g lean minced beef
1 x 30ml spoon tomato purée
2 beef stock cubes
1 x 10ml spoon Worcestershire sauce
1 x 10ml spoon reduced salt light soy sauce
800g potatoes
50g reduced fat cheese or any hard cheese.
10ml milk and knob of butter for the potatoes.

Medium oven proof dish or 3 large foil containers (take away style) (not plastic)

