

to healthier, happier you

Looking for a delicious and satisfying meal that's ready in just 20 minutes?

Cottage Pie is so addicting!

It's creamy, comforting, and so easy to make. You will want to make it on repeat!

So let's make a big batch together and enjoy it all week long!

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

Cottage Pie Filling:

175g of raw ground beef or ground turkey
1/2 onion chopped
1 garlic clove chopped
2 peeled and chopped carrots
1 cup of beef / bone broth
2 tbsp of tomato puré / paste
1 tbsp of Worcestershire sauce
1 laurel leaf
1 fresh thyme
salt and black pepper to taste
parsley to garnish

Mashed Potatoes:

190g raw potatoes (peeled)
1/3 cup of milk (you might need to adjust)
15g of mature cheddar cheese
1 tsp of salt
1 tsp of nutmeg

INSTRUCTIONS:

Add the potatoes in a pot of water, boil and cook the potatoes until tender, about 15 minutes. Drain the potatoes and return them to the pot, add nutmeg, milk, cheddar, salt, and pepper and mash them with a potato masher/fork until they are smooth and creamy.

Heat the olive oil in a non-stick skillet over medium heat. Add the ground beef to the skillet and grill for about 5-7 minutes, until it gets browned and cooked through. Add the chopped onion, garlic, chopped carrots and mix everything well. Add the beef or bone broth, add the tomato paste, the Worcestershire sauce, the laurel, thyme, salt and black pepper. Stir well and let the sauce simmer for about 5-7 minutes until the sauce thickens a little.

Put the Cottage Pie filling in a baking dish and spoon the mash potatoes over the top. Grill for 8-10 minutes, at 200°C / 400°F or until golden-brown and ENJOY!

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BY NICOLINA