

Cottage Pie with Cauliflower Mash

A family favourite. Plenty of people don't notice the mash isn't potato.

Serves 4

Prep 15 min

Cook 50 min

12g

CARBS
PER SERVING

A quarter of the pie, including the cauliflower mash topping.

You'll need

- ☐ 500g beef mince
- ☐ Half an onion (about 75g), chopped small
- ☐ 1 carrot (about 80g), chopped small
- ☐ 1 tbsp tomato purée
- ☐ 1 beef stock cube and 300ml boiling water
- ☐ 1 tbsp Worcestershire sauce
- ☐ 1 large cauliflower (about 600g of florets)
- ☐ 30g butter
- ☐ 60g grated cheddar
- ☐ Salt and pepper, to taste

Method

- 1 Brown the mince in a large pan on a medium-high heat for about 8 minutes, breaking it up, until there's no pink left.
- 2 Add the onion and carrot and cook for 5 minutes until soft.
- 3 Stir in the tomato purée, then the stock and Worcestershire sauce. Simmer gently for 20 minutes until thick. Season.
- 4 Meanwhile, turn the oven on to 200°C (180°C fan, gas 6) and boil the cauliflower florets for 10 minutes until very soft.
- 5 Drain the cauliflower really well, leave it to steam dry for 2 minutes, then mash with the butter, salt and pepper.
- 6 Put the mince in an ovenproof dish, spread the mash on top and sprinkle with the cheese.
- 7 Bake for 20 minutes until golden and bubbling at the edges.

TIP

Dry cauliflower makes good mash. Wet cauliflower makes soup. Drain it well.

SWAPS

Lamb mince makes it a shepherd's pie. Cook it the same way.

STORING IT

Fridge for up to 2 days, or freeze (before or after baking) for up to 3 months. Defrost in the fridge overnight. Reheat until steaming hot all the way through, and only reheat once.

AIR FRYER

Use a dish that fits your basket, or two smaller ones, and cook at 180°C for 12 to 15 minutes until golden and piping hot in the middle.

FOOD SAFETY

Mince, burgers and sausages must be cooked all the way through. No pink in the middle, juices clear and steam rising when you cut one open. Burgers shouldn't be served pink at home.