



MINI COTTAGEPIES WITH APPLE & PARSNIP MASH- serves 6

Ready in 1 1/4 hours

500g lean minced beef
1 medium onion, peeled and finely chopped
2 sticks of celery, trimmed and finely diced
2 medium carrots, peeled and finely diced
2 garlic cloves, peeled and finely chopped
400g can chopped tomatoes with herbs
2tbsp tomato puree
1 beef stock cube

FOR THE MASH

4 medium parsnips peeled and cut in to chunks
1 large bramley apple, peeled, quartered, cored and cut in to small chunks, splash of skimmed milk.

Fry the mince with the onion, celery, carrots and garlic in a large non stick saucepan, over a medium heat for 5 mins or until the beef is no longer pink. Add in the tomatoes and tomato puree, refill the tomato can with cold water and pour in the pan. Crumble the stock cube over the top, season with some black pepper. give a good stir and bring in to simmer.

When the liquid is bubbling, but not too madly, cover the pan loosely with a lid and leave to simmer gently over a low heat for around 35 mins, stirring occasionally.



While the mince is cooking, prepare the mash. Half fill a medium pan with cold water and bring to boil. Add the parsnips and cook for 15 mins. Add the apple chunks and cook for a further 5 mins until tender. Preheat the oven to 200 degrees.

Drain the parsnips and apple in a colander, then return to the saucepan and add milk, and pepper

Spoon the mince mixture into 6 individual pie dishes or one large ovenproof dish. Top with the mash. Put in the oven and bake for 20 mins.

Enjoy!