

COTTAGE PIE- Asian Style



A twist to the traditional cottage pie- Asian Style

Serves 4

Time to prepare: 20 minutes
Time to Cook: 1 hour in total
Utensils: pan, vegetable knife, baking dish

Nutrition Notes Per portion

Energy (Calories) 385
Total fat (g) 5.2
Total carbohydrate (g) 50

INGREDIENTS

1 lb lean minced beef (450g)
2 medium sized onions (chopped)
Small tin baked beans (200g)
 $\frac{3}{4}$ pint beef stock/ or water
1 tablespoon tomato puree
1 level teaspoon plain or cornflour
Herbs and garlic to taste (optional)
1tsp chilli
2 tsp cumin and coriander powder
 $\frac{1}{2}$ tsp tumeric
Salt and pepper to taste

For the topping:

2 lb potatoes (900g)
2 leeks par boiled to soften or onion rings sliced thinly

METHOD

1. Dry fry the mince in a pan
2. Add all your dry spices and cook until the water has burned off
3. Drain excess fat away
4. Add the chopped onions and fry with the mince until soft. Add flour
5. Make up the beef stock and add slowly to the mince mixture.
6. Add tomato puree, herbs, garlic and seasoning.
7. Simmer for 30 minutes
8. Stir in the baked beans
9. meanwhile par boil the potatoes for minutes, cool and slice
10. Steam the leeks to soften
11. Put the meat mixture into a grease baking dish and layer potato slices, leeks or onion rings on top with a little milk finishing with potato
12. brush the top with a little milk

Taken from Healthy Eating for people with diabetes- produced by Servier Labs in association with Warwick Diabetes Care and diabetes UK 2

13. Bake for a further 30 minutes.

Options: Add different vegetables to the topping and /or change the variety of beans, such as butter or cannelloni.