

# THE MEATLESS FARM CO<sup>®</sup>

LOVINGLY MADE FROM PLANTS



## COTTAGE PIE

🕒 60 Minutes

### Method:

1. Heat a glug of olive oil in a large frying pan, then add the chopped onion and diced carrots. Fry for 5-8 minutes until soft. Add the crushed garlic and The Meatless Farm Co mince, continue to fry for 5 minutes or until most of the mince has browned off.
2. Add the red wine and boil for 2-3 minutes, then add the Worcestershire sauce, chopped tomatoes, tomato purée, fresh basil, sugar and 100ml water. Simmer gently for 10 minutes. Heat the oven to 200°C/180°C fan/gas 6.
3. Pour the mince into a 1.5 litre ovenproof dish.
4. Top with the mashed potato and then sprinkle with grated cheddar. Alternatively replace the regular potatoes with sweet potatoes for a lighter mash.
5. Bake for 30 minutes or until golden brown on top.



### Ingredients:

- 1 finely chopped onion
- 3 diced carrots
- 2 crushed garlic cloves
- 400g Meatless Farm mince
- 150ml red wine
- 3 tbsp Worcestershire sauce
- 400g tin chopped tomatoes
- 1½ tbsp tomato purée
- a large handful of torn fresh basil leaves
- a pinch of sugar
- 100ml water
- 800g mashed potato
- 50g grated mature cheddar



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