

# Cottage Pie with Cauliflower Top

**Serves: 5**

## Ingredients

500g Lean Beef Mince  
2 Small Onions  
3 Med Carrots  
1 Stick Celery  
1 Clove Garlic  
1 Chicken or Beef Stock Cube  
1 Tin Chopped Tomatoes (400g)  
3 Dashes of Worchester Sauce  
Pinch of Thyme  
Salt & Pepper



**Topping** – Pureed Cauliflower – see recipe below

## Directions

Dice onions, carrots and celery fry in a little oil on the pan. Add the mince and cook for 10 mins or until mince is cooked. Drain off excess fat, add garlic, chopped tomatoes and Worchester sauce. Add thyme and crumbled stock cube and cook for a further 10 mins. Add salt & pepper as required. Transfer into ovenproof dish or ramekins' and top with pureed cauliflower (see separate recipe) and heat through in oven or under grill.

## Creamy Pureed Cauliflower – Tastes better than mashed potato !!!

### Ingredients

1 small head (1kg) white cauliflower, trimmed, cut into small florets  
1Tbsp Olive oil  
1/3 cup finely-grated parmesan cheese  
Salt & Pepper

### Method

Bring a large saucepan of water to the boil over high heat. Add cauliflower. Cook for 15 to 20 minutes or until cauliflower is very tender. Drain and return to saucepan. Add oil and puree in a blender until almost smooth. Stir in parmesan. Season with salt and cracked black pepper.

**Tip:** *Add more flavour by grating a little cheese over top and pop under grill to crisp!  
Can be frozen in portions*

### Nutrition information : (per serving)

Calories: 214  
Fat: 11.7g  
Carbs: 7.6g  
Protein: 16.8g