

Meat Free Cottage Pie

Serves: 4



Equipment:



knife,
Chopping board,
saucepan, teaspoon,
tablespoon,
stirring spoon,
measuring jug

Ingredients:



- 600g potatoes, peeled and cut into chunks
- 500g butternut squash, peeled and cut into chunks
- 1 tsp. rapeseed oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 2 carrots, chopped
- 300g Quorn mince
- 400g chopped tomatoes
- 150ml reduced-salt vegetable or chicken stock
- 2 tsp curry powder
- 100g closed-cup mushrooms, sliced
- 1 courgette, grated
- 1 pinch ground black pepper
- 2 tbsp. cornflour



Method:



1. Cook the potatoes and butternut squash in a large saucepan of boiling water for about 20 minutes, or until soft.
2. Meanwhile, heat the rapeseed oil in a large saucepan and gently fry the onion, garlic and carrots for 2-3 minutes, until softened.
3. Add the Quorn mince, tomatoes, curry powder and stock. Then add the mushrooms and courgette. Bring to the boil, then reduce the heat and cook for 15-20 minutes, stirring occasionally. Season with black pepper.
4. Preheat the grill. Meanwhile, drain and mash the potatoes and butternut squash.
5. Blend the cornflour with 1 tablespoon cold water and add it to the mince mixture, stirring until thickened. Transfer it to the baking dish and spoon the vegetable mash on top. Grill for about 8-10 minutes, until browned. Serve with steamed vegetable of your choice.