

## nutritional information

Nutrient	Per Serve	Per 100g
Energy	1285.90kj	328.50kj
Protein	25.40g	6.40g
Total Fat	8.10g	2.10g
Saturated Fat	2.80g	0.70g
Carbohydrate	29.20g	7.50g
Fibre	7.20g	1.80g
Sodium	69.30mg	17.70mg

Nutritional analyses are estimated calculations based 'Food Works™' computer software

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*healthy home-cooking made easy!*

PLU473

## Cottage Pie

**This meal pack includes:**

**Dry Ingredients:**

400g can tomatoes  
2 teaspoons dried oregano  
pepper

**Fresh Ingredients:**

1 brown onion  
1kg potatoes

**Frozen Ingredients:**

Approx 400g beef mince  
500g mixed vegetables

Preparation time: 20 minutes    Cooking time: 30 minutes

**Serves 6**



Developed by Community Foodies in conjunction with  
Community Food SA

# Cottage Pie

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## Time Required

Preparation time: 20 minutes

Cooking time: 30 minutes

## Ingredients

- 1 brown onion
- 1kg potatoes
- Approx 400g beef mince
- 500g frozen mixed vegetables
- 2 teaspoons dried oregano
- 400g can diced tomatoes
- Pepper
- spray oil or 2 teaspoons oil (not provided)

## Tips and Ideas

- Add in extra or left-over vegies if you wish.
- Serve with vegetables if desired.

## Cooking Instructions

1. Heat oven to 200°C.
2. Peel and cut potatoes into quarters.
3. Cook potatoes either by boiling (15-20 minutes) or using the microwave (4-5 minutes) until soft and easy to mash.
4. Once cooked, mash the potatoes well.
5. Peel the onion and then either grate or finely dice.
6. Spray a large pan with oil (or use 2 teaspoons oil) and add onion and mince - stir until browned.
7. Add the tomatoes, oregano and pepper to taste - simmer for 10 minutes.
8. Add the frozen vegetables and stir.
9. Place mince mixture into a heatproof dish and top with mashed potato.
10. Using a fork, gently draw lines in the potato (this helps it become crunchy).
11. Bake in oven until top is golden brown, or you can brown it under a grill.