

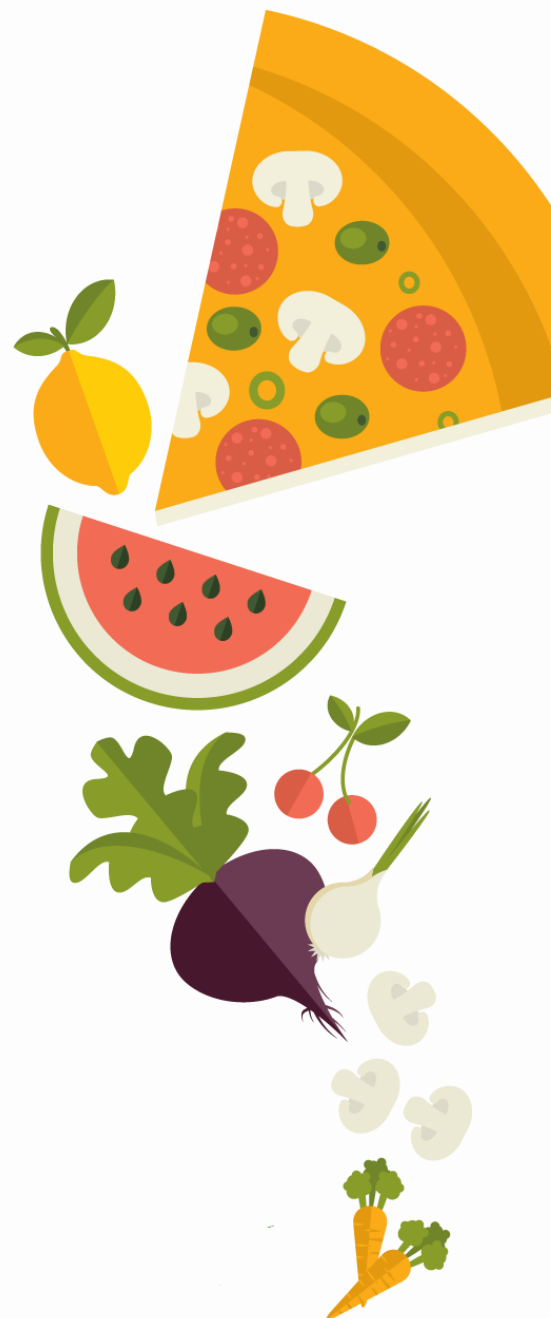
The Oval Allotment Cottage Pie

The Oval School, Birmingham

This traditional warming dish is great for getting your “five-a-day”. It was our S.N.A.G teams voted dinner-time favourite, we adapted the recipe to include lots of our organically grown vegetables from our school allotment.

INGREDIENTS:

- 1 kg potatoes (King Edward from our allotment)
- 1 large onion from allotment
- 2 medium sized early carrots from our allotment
- 500g lean beef mince or Veggie alternative
- Handful of Kale or leafy vegetables
- 1 x Aubergine from allotment, chopped finely
- 250ml boiling water
- 1 x reduced salt vegetable cube
- 15ml sunflower oil
- 30g Runner beans
- 400g Allotment small plum tomatoes (frozen from last harvest)
- 5ml chopped mixed herbs from our herb garden
- 15ml tomato purée
- 5ml Worcestershire sauce
- 100g frozen peas
- 10g local butter
- 15ml organic semi skimmed milk – or plant based alternative
- Black pepper (optional)



EQUIPMENT YOU WILL NEED:

- Weighing scales
- Vegetable peeler
- Chopping board
- Sharp knife
- Colander
- Large saucepan
- Kettle
- Measuring jug
- Wooden spoon
- Measuring spoons
- Medium sized pan or deep frying pan
- Can opener
- Medium ovenproof dish
- Fork
- Potato masher or ricer
- Oven gloves
- Serving spoon



INSTRUCTIONS:

1. Preheat the oven to 190°C / 170°C fan or gas mark 5.
2. Peel the potatoes. Cut the potatoes into chunks of about 4cm. Put them in a colander and rinse them under a cold tap.
3. Put them into a large pan. Add cold water until they are covered.
4. Put the pan on a medium heat and bring to the boil. Simmer for approximately 15-20 minutes. Whilst the potatoes are cooking, go on to prepare the mince mixture.
5. Peel and finely chop the fresh onion.
6. Peel and dice the carrots into small pieces.
7. Measure 250ml boiling water into a measuring jug, crumble in the stock cube and stir to dissolve.

8. Heat the oil in a pan and fry the onion and carrots for a few minutes until they start to soften.
9. Add the mince and fry for a further three minutes or until the mince is cooked (it will turn from red to brown).
10. Add the tomatoes, stock, herbs, tomato puree and Worcestershire sauce. Bring to the boil and then simmer for 10 minutes until the sauce has reduced and thickened slightly.
11. Stir in the peas and other vegetables and return to the boil and cook for 3 minutes.
12. Pour the mixture into an ovenproof dish and allow to cool for a few minutes.
13. Test if the potatoes are cooked by piercing them with a fork. If the potatoes feel soft, turn off the hob. Drain the potatoes using the colander.
14. Put the potatoes back into the pan and mash them.
15. Stir in the butter. Gradually stir in the milk (or plant based alternative) until creamy. Add plenty of black pepper to taste.
16. Top the mince mixture with mashed potato. Bake in the oven until hot throughout and golden brown on top.

OUR COOKING TOP TIPS:

- Younger cooks will need a grown-up to support claw and bridge techniques. The snipping and tearing technique is ideal for herbs and soft vegetables
- Allow the mince to cool a little to stop the mash from sinking into the mixture
- Carefully place the mash on top of the mince starting at the edges first and working inwards with a fork.
- We served it with our own freshly cooked bread rolls.

