

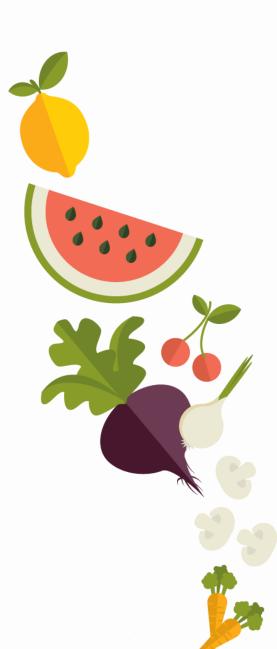
The Oval Allotment Cottage Pie

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 of 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 grownup 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.

