



*A British classic.*

**Cooking Time: 60 min**

**Cals 928 | Prot 58 | Carbs 76 | Fat 44**

### Tips For Fussy Eaters

Grate the carrots with a fine blade if you want to hide them. Why not add more grated veggies, such as zucchini?

### Pro Tip

Make sure the pan is hot before adding the beef. This will ensure it browns nicely!



## Ingredients

For 2 For 3 For 4

### Meat sauce

Lean beef mince	350	525	700	Grams
Brown onion	0.5	1	1	Piece
Garlic cloves	2	2	3	Piece
Carrot	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	70	70	140	Grams
Water	200	300	400	ML
Beef stock cube	0.5	1	1	Piece
Worcestershire sauce	15	22	30	ML
Brown sugar	5	5	10	Grams
Black pepper	0.5	1	1	Tsp
Green peas	100	150	200	Grams

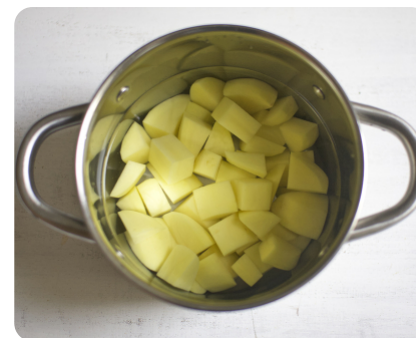
### Potato mash

Potatoes	600	900	1200	Grams
Salted butter	20	50	50	Grams
Whole milk	100	100	200	ML
Eggs	1	2	2	Piece
Salt	1	1	2	Tsp
Grated cheddar	60	90	120	Grams



### 1 Prep vegetables

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion** and **garlic**. Peel and grate the **carrot**. Peel and chop the **potatoes**.



### 2 Boil potatoes

Add the **potatoes** to a pan of salted boiling water with a generous pinch of **salt**. Cook the **potatoes** over a medium heat for 15-20 min or until soft.



### 3 Make beef sauce

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Fry the **beef mince** and **onion** with a pinch of **salt** for 5-7 min. Add the **garlic** and **tomato paste**. Add the **grated carrots**, **measured water**, **stock cube**, **Worcestershire**, **sugar** and **pepper**. Reduce the heat to low. Cover with a lid and stew for 15-20 min.



### 4 Make mash

Once ready, drain the **potatoes** and return them to the pan with the **salted butter**. Mash. Slowly add enough **milk** (about 50/75/100 ml) to reach your desired mash consistency. Add the **eggs**, a generous pinch of **salt** and half of the **grated cheddar**. Mix well.



### 5 Bake

Add the **green peas** to the **beef sauce** and check the seasoning. Season with **salt** and **pepper**. Pour the **beef sauce** into a baking dish. Spoon the mashed **potatoes** over the top. Smooth the surface with a spatula. Sprinkle with the remaining cheese. Bake for 15-20 min.



### 6 Serve

Once baked, set the pie aside to rest for 5 min, then serve.