

Cottage Garden Pie

 Gluten Free

READY IN



90 min.

SERVINGS



20

CALORIES



138 kcal

Ingredients

- ☐ 5 large flap cap mushrooms
- ☐ 4 tbsp butter
- ☐ 6 medium carrots chopped
- ☐ 1 small half a cauliflower
- ☐ 1 large courgettes chopped (zucchini)
- ☐ 2 cloves garlic crushed
- ☐ 3 tbsp hp brown sauce
- ☐ 454 g vegetarian mince frozen (soya)
- ☐ 1 tbsp olive oil

- ☐ 1 onion chopped
- ☐ 1 cup peas frozen
- ☐ 1 kg potatoes chopped
- ☐ 1 large glass red wine
- ☐ 20 servings grinding of salt and pepper good
- ☐ 400 g turnip/swede chopped
- ☐ 4 tbsp tomato purée
- ☐ 1.5 pints)

Equipment

- ☐ oven
- ☐ pot

Directions

- ☐ In a large pot, saute the onion and garlic gently in the olive oil until the onion is soft.
- ☐ Add the carrots and cook gently for 5–10 minutes until the carrots begin to soften too.
- ☐ Add the courgette and cook for a couple of minutes, then add the mushrooms and peas and cook for another couple of minutes.
- ☐ Add the soya mince, vegetable stock, wine, tomato puree and brown sauce and stir in well. Bring to the boil, then reduce to a simmer, cover and cook for 30 – 40 minutes until the flavours have combined well and the sauce has thickened. Stir occasionally. When it is ready, season.
- ☐ While the savoury mince is cooking, steam or boil your turnip, cauliflower and potato in separate pans. Once it is soft, mash and season the turnip, then mash together the cauliflower and potato with some butter and season this too.
- ☐ Once everything is ready, assemble your two large pies. First fill each dish with savoury mince, then add a layer of turnip and finish with a layer of mashed cauliflower and potato.
- ☐ Pop one dish in a pre-heated oven (200c/180c fan/gas mark
- ☐ for about 20–25 minutes until the potato is golden and the dish is piping hot. Once cool, pop the other dish in the freezer to save for another night.
- ☐ Serve with even more veg! You are a hero!!!

Nutrition Facts

 **PROTEIN 18.96%**  **FAT 27.99%**  **CARBS 53.05%**

Properties

Glycemic Index:18.95, Glycemic Load:8.4, Inflammation Score:-9, Nutrition Score:13.364347718251%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 1.63mg, Malvidin: 1.63mg, Malvidin: 1.63mg, Malvidin: 1.63mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 137.93kcal (6.9%), Fat: 4.16g (6.4%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 13.83g (5.03%), Sugar: 4.29g (4.76%), Cholesterol: 0.02mg (0.01%), Sodium: 366.09mg (15.92%), Alcohol: 1.25g (100%), Alcohol %: 0.95% (100%), Protein: 6.34g (12.68%), Vitamin A: 3263.55IU (65.27%), Vitamin B12: 1.89µg (31.53%), Vitamin C: 22.57mg (27.35%), Vitamin B1: 0.39mg (25.69%), Vitamin B6: 0.44mg (21.99%), Vitamin B3: 3.98mg (19.88%), Fiber: 3.9g (15.62%), Potassium: 494.76mg (14.14%), Phosphorus: 117.84mg (11.78%), Manganese: 0.23mg (11.39%), Iron: 2.03mg (11.3%), Vitamin B2: 0.14mg (8.01%), Folate: 27.07µg (6.77%), Magnesium: 26.32mg (6.58%), Copper: 0.13mg (6.43%), Vitamin K: 6.52µg (6.21%), Zinc: 0.72mg (4.83%), Vitamin B5: 0.37mg (3.74%), Vitamin E: 0.47mg (3.11%), Calcium: 30.28mg (3.03%), Selenium: 1.89µg (2.7%)