



Tasty cottage pies

 **Gluten Free**

READY IN



95 min.

SERVINGS



4

CALORIES



678 kcal

Ingredients

- ☐ 2 onion
- ☐ 2 tbsp olive oil
- ☐ 500 g ground beef organic lean minced
- ☐ 2 beef bouillon cubes
- ☐ 3 tbsp sauce
- ☐ 415 g baked beans canned
- ☐ 900 g potatoes
- ☐ 3 medium carrots
- ☐ 25 g butter

- ☐ 1 tablespoon skim milk good
- ☐ 40 g cheddar cheese
- ☐ 4 small tomatoes

Equipment

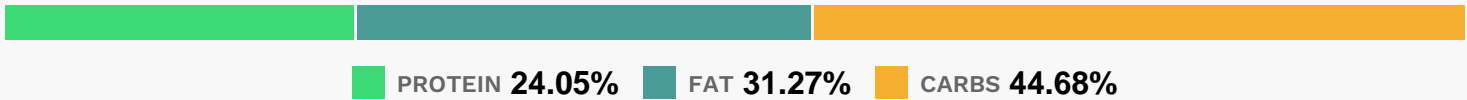
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ potato masher
- ☐ wooden spoon
- ☐ cutting board
- ☐ peeler
- ☐ oven mitt

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Halve the onions on the chopping board using the sharp knife. Peel off the skins, then thinly slice the onions.
- ☐ Heat oil in a large frying pan, add the onions (take care the oil doesn't spit), then fry them until golden, stirring occasionally.
- ☐ Add the mince, breaking up the block of meat with the wooden spoon until it looks like crumbs.
- ☐ Pour in a mug of water, crumble in the stock cubes, then measure in the HP sauce. Cover the pan and simmer on a low heat for 10 mins, stirring every now and then.
- ☐ Put a large pan of salted water on the hob to boil and cover with the lid. Peel the skin off the potatoes with a vegetable peeler, then cut into quarters on the chopping board. Trim the ends from the carrots, peel, then thickly slice.

- ☐ When the water is boiling, add the potatoes and carrots (an adult should do it as the water will splash). Cover and simmer for 20 mins until the potatoes are soft when you stick a knife in.
- ☐ Drain, return to the pan with the butter and milk, then mash until smooth with an electric whisk or potato masher.
- ☐ Stir the beans into the meat mixture, simmer for a few mins, then spoon the mixture into 4 mini pie dishes. Spoon the mash on top and spread over the filling, right to the edges of the dish so none of the layer below shows.
- ☐ Put pie dishes on a baking tray. Grate cheese, sprinkle on top, then cut tomatoes into wedges and arrange on top. Carefully put the pies in the oven using oven gloves.
- ☐ Bake for 35 mins or until tops are golden.
- ☐ Let pies cool a little before eating as they will be very hot.
- ☐ Serve with broccoli or peas.

Nutrition Facts



Properties

Glycemic Index:87.13, Glycemic Load:38.83, Inflammation Score:-10, Nutrition Score:41.485217291376%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg

Nutrients (% of daily need)

Calories: 677.51kcal (33.88%), Fat: 23.97g (36.88%), Saturated Fat: 9.7g (60.6%), Carbohydrates: 77.04g (25.68%), Net Carbohydrates: 63.08g (22.94%), Sugar: 11.76g (13.07%), Cholesterol: 108.39mg (36.13%), Sodium: 1286.11mg (55.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.48g (82.96%), Vitamin A: 8670.68IU (173.41%), Vitamin C: 65.64mg (79.56%), Vitamin B6: 1.44mg (71.77%), Potassium: 2166.3mg (61.89%), Zinc: 9.28mg (61.88%), Phosphorus: 597.41mg (59.74%), Fiber: 13.96g (55.86%), Vitamin B3: 10.84mg (54.18%), Vitamin B12: 2.96µg (49.31%), Manganese: 0.98mg (49.01%), Selenium: 31.14µg (44.49%), Iron: 7.09mg (39.41%), Magnesium: 139.8mg (34.95%), Copper: 0.66mg (33.07%), Folate: 115.39µg (28.85%), Vitamin B1: 0.38mg (25.65%), Vitamin B2: 0.43mg (25.13%), Vitamin K: 22.99µg (21.89%), Calcium: 208.51mg (20.85%), Vitamin B5: 1.91mg (19.13%), Vitamin E: 2.4mg (16.03%), Vitamin D: 0.23µg (1.51%)