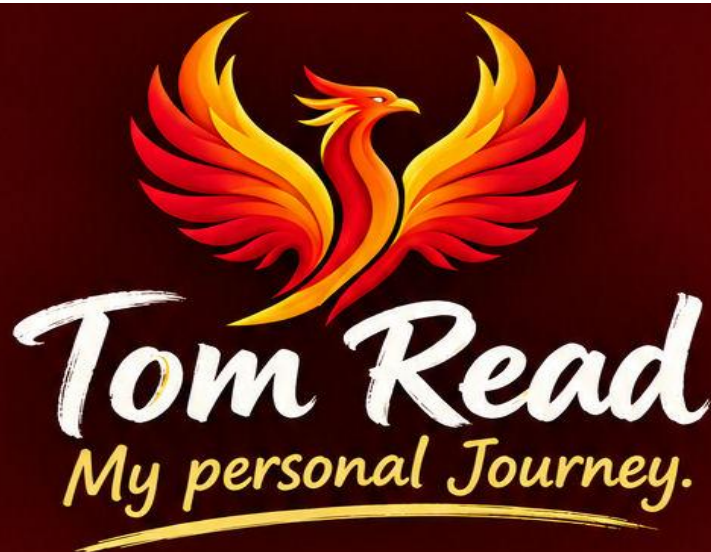




Syn Free Cottage Pie

Syn-Free Beef Cottage Pie Recipe

- **Prep time:** 15 minutes
- **Cook time:** 50 minutes
- **Difficulty:** Easy
- **Servings:** 2

Ingredients

- **250g 5% fat minced beef** (Can use Minced Quorn if Vegetarian)
- **250g Maris Piper potatoes** (peeled and chopped into chunks)
- **1 large onion** (peeled and diced)
- **2 carrots** (peeled and diced)
- **150g frozen peas**
- **1 beef stock pot** (dissolved in 250ml boiling water)
- **2 tbsp Worcestershire sauce**
- **Low-calorie cooking spray** (e.g., Frylight)
- **Salt and black pepper** (to taste)

Instructions

1. **Preheat your oven** to 200°C (180°C fan / Gas Mark 6).
2. **Brown the beef:** Heat a large frying pan over a medium-to-high heat and spray with low-calorie cooking spray. Add the diced onion and fry for 5 minutes until soft. Add the meat breaking it up with a spatula, and fry for another 5 minutes until browned.
3. **Add the vegetables:** Stir the diced carrots and frozen peas into the meat mixture, and fry for a further 5 minutes.
4. **Simmer the filling:** Pour in the beef stock and Worcestershire sauce, stirring well. Season generously with salt and pepper. Bring the mixture to a boil, then reduce the heat and simmer gently for about 15 minutes, or until the liquid has reduced to a thick, rich gravy consistency.
5. **Make the mash:** While the mince is simmering, boil the potato chunks in a large pan of salted water for about 10–12 minutes until soft. Drain well, return to the pan, and mash thoroughly until smooth.
6. **Assemble the pie:** Spoon the beef filling into a large, shallow ovenproof dish. Carefully spread the mashed potato evenly over the top. Use a fork to fluff up the surface, creating ridges that will turn golden and crispy in the oven.
7. **Bake:** Place the dish in the preheated oven for 20–25 minutes until the topping is beautifully golden and the filling is bubbling hot around the edges.

Top Tip

- **The Creamy Mash Secret:** To keep your mashed potato completely syn-free without using butter or milk, mash the potatoes with a few tablespoons of extra warm beef stock. It adds incredible flavour and a smooth texture.

Serve with lots of vegetables for a totally Syn Free Meal.