

Speak Out in Hounslow

Vegetarian cottage pie serves 4

Please ask for some help from people in your household if you are not confident with using knives or working with the cooker/oven.

Ingredients

900g sweet potato/white potato

6 Tbsp milk

110g butter- cubed

115g onion - chopped

115g carrot- finely chopped

2 Tbsp coriander leaf

2 Tbsp flat leaf parsley

1 clove garlic -
(finely chopped)

1 tin mixed beans

1 tin chopped tomatoes -
(drained)

1 cup veg stock

115g mushrooms

115g cheddar cheese



Heat oven 190c



Boil sweet potato/
white potato until soft
and drain.



Place milk and butter
in the pan and return
to heat until the
butter has melted.
Add potato back to
pan and mash.



Heat oil in pan and
fry onion and carrot
for 5 mins.
Add garlic and cook
for another 1 min.



Add beans,
mushroom and a ¼
of the stock to onion
mix and cook for 5
mins. Add remaining
stock, tomatoes,
parsley, coriander
and season.



Place mixture in a
dish and top with
potato.



Sprinkle with cheese
and bake for 30-35
mins!

Eat! Yum!

