



Quorn Cottage Pie

Serves: 4

Calories per serving: 345

Ingredients:

350g Quorn Vegetarian Meat-Free Mince

1 tbsp olive oil (Quorn just needs to be added to the sauce, so the recipe requires about 50% less oil than you would usually use)

1 medium onion, finely chopped

1 medium carrot, finely chopped

100g frozen peas or mixed veg

400ml vegetable stock

1 dessert spoon vegetarian Worcestershire Sauce (optional)

1 tbsp tomato puree

2 tbsp salt reduced soy sauce

1 tbsp cornflour, mixed to a paste in 1 tbsp cold water

700g potatoes, peeled and roughly chopped

225g parsnips, peeled and chopped

2 tbsp semi-skimmed milk

salt and freshly ground pepper

Method:

1. Preheat the oven to 180C, Gas Mark 4
2. Boil the potatoes and parsnip until tender. Drain and set aside.

3. Meanwhile heat the oil in a saucepan, add the onion and the carrot and fry gently until softened.
4. Add the Quorn Mince, frozen veg, vegetable stock, vegetarian Worcestershire sauce, tomato puree, soy sauce and seasoning. Simmer for 5 minutes and then add the cornflour made into a paste with the tablespoon of cold water and continue to simmer gently, stirring all the time, until thickened. Place in an ovenproof dish.
5. Mash the potatoes and parsnip with the milk until smooth, season to taste with the salt and pepper. Place the topping over the Quorn mince filling and fluff up with a fork.
6. Bake for 20 minutes until the topping is crisp.
7. Serve with a selection of fresh vegetables.