

# Beef mince & lentil cottage pie



Serves 4 - 6

50% less meat with 50% more goodness

## Ingredients

250g beef mince	1 tin of cooked green lentils
1 onion, finely chopped	2 carrots, peeled & diced
1kg potatoes, skin on for extra nutrients	100g peas
100g chestnut mushrooms, chopped	1 tbsp dried thyme
250ml beef stock	1 tbsp tomato puree
40g butter	50g cheddar

## Method

1. Add a tablespoon of oil to a saucepan, then gently fry the chopped onion until soft, approximately 5 minutes
2. Then add mince and cook until browned all over
3. Add the herbs, flour and tomato puree and mix through cooking for another minute
4. Then add the mushrooms and carrots with the stock and cook for approx. 15 mins until the sauce has thickened
5. Meanwhile cut the potatoes and cook in boiling water for approximately 15-20 minutes, until tender. Drain well, then using a potato masher or a fork, mash the potatoes with 40g butter, then season with salt and pepper. Put aside
6. Add the lentils and peas to the mince mixture, mix through and then put into the baking dish. Top with the potatoes and then sprinkle over the grated cheese
7. Freeze for up to two months or heat oven to 190C/fan 170C/gas 5, then bake for 30 mins until the topping is golden

## Top tips

- Make it cheaper by using soaked dried lentils instead
- Add spices to vary the dish with added fruit like the African Babotie dish

# Veggie chilli



Serves 4

A filling veggie packed meal for all the family

## Ingredients

1 onion, finely diced  
1 can of beans (mixed beans, kidney or other) , drained  
1 pepper (any colour), chopped into chunks  
1 chilli pepper, seeds removed for less heat  
1/4 butternut squash, peeled and cut into bite-sized chunks  
1 tin of chopped tomatoes  
1 garlic clove, minced or crushed  
1 tsp cumin powder  
1 tsp smoked paprika  
1 tsp of oregano

## Method

1. In a large saucepan, over a medium heat, add the oil then add the onion and allow to slowly fry for 5 minutes
2. Next add the garlic, peppers, butternut squash and all the spices and oregano and cook for a minute
3. Lastly add all the beans, tomatoes and season with salt and pepper
4. Add a cup of water to the beans simmer for around 35 minutes until the vegetables are cooked
5. Serve with wraps or rice and add grated cheese on top

## Top tips

- Add any vegetable you have to this meal such as sweet potato, sweetcorn, broccoli
- Beans count towards 1 of your 5-a-day
- Swap the fresh chilli for powder and use a mild powder if you want less heat
- Serve this with mashed avocado on top for extra goodness



# Koftas

Serves 4

A perfect summer dish with a side salad

## Ingredients

400g minced lamb  
1 tsp. of cumin  
1 medium onion, finely diced  
2 tsp. fresh or dried thyme leaves  
1 tsp. of coriander powder  
2 garlic cloves, peeled and crushed  
A pinch of seasoning

## Method

1. Gently fry the onion in a frying pan, in a little oil, for a couple of minutes before adding the garlic and frying for another minute. Set aside and allow to cool
2. Add all the ingredients including the cooked garlic and onion to a large bowl. Mix well
3. Roll back your sleeves and with your hands take an eighth of the mixture and mould the meat mixture onto a skewer, until they resemble sausages on a stick
4. Either grill for 5-6 minutes, turning regularly until cooked through or bake in an oven for (180C) for 8-10 minutes

## Top tips

- Make it cheaper by using soaked dried lentils
- Add additional flavour by adding in the zest of a lemon
- Change the herb to mint for example
- Try different spices such as sumac or smoked paprika
- These work just as well with mince beef
- If you cook these on a BBQ and you're using wooden skewers make sure you have soaked them in water first so they don't set on fire



# Cheats mousakka

Serves 4-6

A simpler version of a classic

## Ingredients

750g lamb mince  
2 tsp cinnamon  
1 bay leaf  
2 aubergines, sliced lengthways  
1 tbsp tomato puree  
2 red onions, finely diced  
1 tsp oregano  
1 tbsp flour  
1 tin of chopped tomatoes  
550g potatoes, sliced

## For the topping

300ml Greek yogurt  
4 eggs

## Method

1. Put the meat, onion, garlic, cinnamon, bay leaf, oregano in a large saucepan and cook for 10 minutes, stirring with a wooden spoon
2. Next add the flour, tomato puree, salt and pepper and tomatoes and bring to a simmer and cook for 30 minutes
3. Meanwhile slice the aubergines and cook on a griddle until charred or underneath the grill. You will have to do this in batches
4. Cook the potatoes in boiling water for approx. 5 minutes until just tender, then drain
5. To prepare the moussaka create 2-3 layers put a third of the mince on the base followed by a layer of potatoes then the aubergine, repeat twice more. (You don't need complete layers, just arrange roughly)
6. Mix together the eggs and yogurt then spread over the top and finish with the grated cheese. Bake for 30-45 minutes

## Top tips

- Increase the vegetable content by cooking any vegetable in the tomatoes beforehand and then blending until smooth before adding to the dish at stage 2
- sure you have soaked them in water first so they don't set on fire