



Turkey Cottage Pie

Don't forget: Before you start,
wash your hands and
gather the ingredients and equipment.
Preheat oven to 200C, Gas Mark 6



Gather your ingredients
& cooking equipment.
Preheat oven to 200C/
Gas 6



Place sweet and white
potatoes in the saucepan,
cover with water, bring
to a boil, and cook 15
minutes until tender.



In a frying pan heat the
oil. Add turkey, break up
and season with pepper
and mixed herbs, cook
until meat isn't red.



Add onions, carrots and
celery into the turkey,
stir, and cook for 8-10
minutes.



Sprinkle the flour over
the meat and cook for 1
minute.



Add the stock and peas.
Season with Worcestershire
sauce if using. Cook for a
few minutes to thicken.



Drain potatoes and mash
with the spread, season
with pepper. Top the
meat with the potatoes in
the oven proof dish.



Cover with cheese and
place in the oven for about
15–20 minutes.



Serve with a dollop of cranberry sauce on
the side!

Can be frozen, use within 1 month.

Ingredients

- 1 tablespoon vegetable oil
- 250g minced turkey or chopped leftover turkey
- 1 teaspoon mixed herbs
- 250-300g sweet potatoes, peeled and cubed
- 1 small white potato, peeled and cubed
- 1 onion, diced
- 1 carrot, peeled and grated
- 1 stalk of celery, finely chopped
- 1 teaspoon low fat spread
- 1 level tablespoon plain flour
- Worcestershire Sauce (optional)
- 90g frozen peas
- 25g low fat mature cheddar grated
- Black pepper
- 1/2 stock cube and 250 ml boiling water

Equipment

- Frying pan, Saucepan, Oven proof dish
- Sharp knife, Peeler, Chopping board,
- Potato masher, Wooden spoon