## 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

## Speak Out in Hounslow



























Heat oven 190c



Boil sweet potato/ white potato until soft and drain.



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.



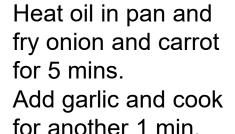
Place milk and butter in the pan and return to heat until the butter has melted. Add potato back to pan and mash.



Place mixture in a dish and top with potato.



Sprinkle with cheese and bake for 30-35 mins!





Eat! Yum!

