

Lightly spiced cottage pie



Ingredients

- 1 small pumpkin
- 2tsp curry powder
- 1tsp cumin
- 1tbsp olive oil
- 300g lean minced beef

- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 leek, finely chopped
- 100g frozen peas

- 1 tin of chopped tomatoes
- 10ml Worcestershire sauce

- 1tbsp tomato puree

- 200ml beef stock made from concentrate cube
- 1tsp thyme

This recipe was taken from the co-operative food website.

Method

Heat the olive oil in a large frying pan and cook the lean minced beef until browned then remove from the pan

In the same pan-fry the onions and leek until soft.

Add the mince back to the pan with the garlic and thyme, fry for 2 minutes

Now add the tin tomatoes, Worcestershire sauce and beef stock and simmer for 20 minutes.

Now add the tomato puree and frozen peas and stir, season

to taste and transfer to small ovenproof dish.

In a bowl mix the roasted pumpkin flesh with the curry powder

and cumin then scatter over minced beef and bake in a pre-heated oven at 190°C / gas mark 5 for 20-25