

This is Grub4Life.Com – Britain's foremost nutrition consultancy supporting vulnerable communities with practical resources for you and your clients.



For more information on free resources or training which could be supported by 100% grant contact us at feedback@grub4life.com for more information on : -

- Food Allergy and Intolerance Training course
- Common Nutrition Problems with Toddlers Training course
- 4 week rotation Menu Planning & Recipe Adaptation
- Training to help children and their parents overcome fussy and faddy eating
- Allergy Safe and Legally Compliant Recipe Manual for Nurseries
- Allergy Safe and Legally Compliant Recipe Manual for Childminders
- Food Allergies and Intolerance Manual

Home Made Cottage Pie with Vegetables

Serves 10

Ingredients	
1 tbsp (15ml) sunflower oil	1 tbsp flour
1 (150g) onion – chopped	100g mushrooms - washed and sliced
2 (200g) carrots - peeled and grated	1 tsp (5g) marmite
2 tsp (10g) dried parsley	450g potatoes - peeled and chopped
450g lean minced beef or lamb	2 tsp (10g) margarine, dash of milk

METHOD:

1. Preheat oven to 180c, 350F, Gas 4
2. Soften the onion, pepper, grated carrot and parsley in a frying pan with a little oil.
3. Add minced meat, brown and drain off any excess fat. Add the flour and mushrooms and cook for a further 5 minutes.
4. Dissolve the marmite in the stock, and gradually add the liquid to the meat mixture. Slowly bring to the boil to thicken the gravy.
5. Spoon the meat mixture into a large dish and allow to cool.
6. To make the topping, boil the potatoes for mash. When soft, mash with margarine and milk. Spread over the meat, and make peaks by running a fork over the surface.
7. Cook in the oven for 20-30 mins.
8. Serve with 40g vegetables per child

COOK'S TIP:

- FOR WHEAT-FREE DIETS, USE WHEAT FREE FLOUR
- FOR VEGETARIAN DIETS "VEGGIE MINCE" AND VEGETABLE STOCK
- FOR MILK-FREE DIETS, EXCLUDE MILK FROM POTATO TOPPING
- For puree diets, prepare extra potato and grated carrot to make a potato and carrot puree.

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
337	9.6	28	12	0	0.4	1.2	27

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