



Peterborough
Environment City Trust



Peterborough Community Services
Health and Social Care

Cowboy Pie

Serves 4

Preparation Time: 10 minutes

Cooking Time: 40 minutes (25 mins in oven)

Ingredients

- 1 onion, chopped
- 1 tbsp oil
- 200ml vegetable stock
- 350g Pack of Quorn® mince or lean minced beef
- 1 tin (420g) Baked Beans (low salt)
- 1 small tin (200g) of chopped tomatoes
- Seasoning (pinch of pepper)
- 750g potatoes, peeled and cut into 5mm slices

Method

- Pre-heat oven to 200 deg C/ 400 deg F/ Gas Mark 6
- Cook the chopped onion in the small amount of oil for 5 minutes until softened
- Stir in the Quorn mince or lean minced beef and brown for 5 minutes
- Add beans, chopped tomatoes and stock
- Season and simmer for 5 minutes then pour into a baking dish
- Add the sliced potatoes to a large pan of boiling water and cook for 4 minutes, until tender
- Drain the potatoes and carefully arrange on top of the mince
- Bake in the oven for 25 minutes on 200 def C/ 400 deg F/ Gas Mark 6

Chef's Note:

- Try using low sodium vegetable stock if you can find it
- Sprinkle grated reduced-fat cheese on the top for a crispy topping before cooking

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