

# December

## COTTAGE PIE WITH PARSNIP MASH

December offers an array of root vegetables like parsnips for delicious hearty meals

**This warm vegetable-packed cottage pie will be a family favourite!**



Parsnips will be in the shops in December. They're a great source of Vitamin C, K, and folate, which are needed for healthy cell function and growth.

### RECIPE INGREDIENTS

#### Serves 4

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|---|---|
| 5 large Parsnips (1kg)                                      | 1 medium Courgette, finely chopped (100g)       |
| 350g Lean minced beef (three quarters of a standard packet) | A cup of Green Beans, washed and chopped (100g) |
| 1 small Onion, finely chopped (100g)                        | 1 teaspoon Dried Mixed Herbs                    |
| 1 medium Carrot, finely chopped (70g)                       | 4 teaspoon Reduced Salt Gravy Granules          |


### COOKING INSTRUCTION AND NOTES

1. Peel and chop parsnips and remove woody core if very fibrous. Cook in boiling water until soft.
2. Whilst parsnips are cooking brown the mince in a frying pan.
3. Add the chopped carrot, courgette, onion, and green beans to the mince, then add 450ml (around 2.5 cups) water, bring to the boil then turn down and simmer without lid for 20 minutes, until vegetables are soft.
4. Drain and mash the parsnips.
5. Sprinkle in gravy granules to mince and vegetable mix and stir until thickened.
6. Tip the mince mix into an oven proof dish. Top with parsnip mash, then pop into oven at 180 degrees for 10 minutes to warm through and brown on top.  
Allow the pie to cool slightly before serving

**For children under 1 year of age:** For infants requiring pureed, blend in a liquidiser or blender until smooth.

**Tips:** To make a vegetarian version use vegetarian mince and vegetable gravy granules. Potatoes can be used instead of parsnips if preferred.

**Food Labelling and Allergen Information**

EU Label values per 100g				Serves <b>4</b>	
	PER 100G	%RI	PER 462G SERVING	%RI	
Energy(Kj)	<b>257</b> kJ	3%	<b>1187</b> kJ	14%	<p>MAY CONTAIN:</p>  <p>CELERY</p>
Energy(kcal)	<b>61</b> kcal	3%	<b>281</b> kcal	14%	
Fat	<b>1</b> g	1%	<b>4.5</b> g	6%	
<i>of which saturates</i>	<b>0.4</b> g	2%	<b>1.7</b> g	9%	
Carbohydrate	<b>7.2</b> g	3%	<b>33</b> g	13%	
<i>of which sugars</i>	<b>2.7</b> g	3%	<b>13</b> g	14%	
Fibre	<b>1.7</b> g	7%	<b>7.8</b> g	31%	
Protein	<b>5</b> g	10%	<b>23</b> g	46%	
Salt	<b>0.05</b> g	1%	<b>0.21</b> g	4%	