

DYSPHAGIA COTTAGE PIE WITH SWEET POTATO MASH (DESCRIPTOR C)



METHOD

1. Heat oil and fry onion and garlic for 2 – 3 minutes or until soft.
2. Add meat and cook for 5 minutes or until tender, stirring occasionally.
3. Add the carrots and Bisto, cover and simmer for 20 minutes. Add peas towards the end of cooking so they retain colour. Check the seasoning. Blend to a smooth purée.
4. Meanwhile make up the Smash as per pack instructions, add the butter and the sweet potato and stir well to blend.
5. Divide the meat mixture between the moulds and top with the potato mixture.
6. Chill and then freeze the moulds.
7. To serve, remove the moulds and regenerate cottage pie to core temperature.