

VEGETARIAN COTTAGE PIE

HEALTHY



Serves 4-6



Prep Time 20 minutes



Cook Time 50-60 minutes



INGREDIENTS

- 1 onion, chopped
- 1 stick celery, chopped
- 2 Tbsp **Wattie's Tomato Paste**
- 1 cup diced pumpkin (150g)
- 1 cup diced carrots (150g)
- 1 cup diced kumara (150g)

METHOD

1. Heat a dash of oil in a deep lidded frying pan or saucepan. Add onion and celery and cook over a low heat until onion softens. Stir in **Wattie's Tomato Paste** and cook a further minute.
2. Add pumpkin, carrot, kumara and drained **Wattie's Cannellini Beans**. Pour

- 400g can **Wattie's Cannellini Beans in Springwater**,* drained
- 400g can **Wattie's Savoury Tomatoes**
- Handful fresh parsley leaves, chopped

Mashed Potatoes:

- 750g potatoes, peeled and chopped
- 25g butter
- 2 Tbsp milk
- ½ cup grated low fat cheese

over **Wattie's Savoury Tomatoes** and ½ can of water. Bring to the boil. Reduce heat cover and simmer 25-30 minutes or until vegetables are tender. Stir in chopped parsley.

3. Preheat oven to 190°C (fan assisted). Transfer vegetables and sauce to a lasagne-style dish. Top with mashed potato and sprinkle over grated cheese. Bake for 20-30 minutes until potatoes are golden and filling hot.

Mashed Potato:

1. Cook potatoes in lightly salted boiling water until tender. Drain well. Mash potatoes and mix in butter and milk until smooth and creamy.

TIPS

- * Product available in New World and Pak'n Save.
- Make sure you don't let the sauce reduce too much as the vegetables will continue to absorb sauce as they cool.
- Add a dollop of your favourite pesto to the vegetable filling if wished before topping with mashed potato.
- Add ½ tsp **Gregg's Ground Cumin** and ½ tsp **Gregg's Ground Coriander** to the softened onion if wished.
- This recipe also makes a great side dish – serve with crumbed or grilled chicken.
- Substitute the winter vegetables for red onions, red and green capsicums, courgettes, eggplant and frozen peas which need to be added with the parsley at the end of cooking.
- Replace the chopped parsley with a good dollop of basil pesto.
- Top with mashed kumara in place of the potato.

SWAP IT OUT

- Try switching out the **Wattie's Cannellini Beans** for **Wattie's Pinto**, **Red Kidney** or **Lentils**.
- You can also try different tomatoes in place of the **Wattie's Savoury Tomatoes** such as **Wattie's Indian Style**, **Wattie's Mexican Style**, or **Wattie's Italian Style Tomatoes**.

** This recipe is classified as Gluten Free. To the best of our knowledge, the ingredients used in this recipe including the Heinz Wattie's products do not contain any added cereals containing gluten or ingredients derived from cereals containing gluten. It is important to carefully read ingredient labels on food products because foods can sometimes be reformulated and the ingredients, allergens or nutrition information can sometimes change without notice.*