

## Vegetarian Cottage Pie

2 tsp olive or canola oil  
1 onion, chopped finely  
1 clove garlic, peeled and crushed  
1 stick celery, chopped  
1 leek, halved and sliced  
1 carrot, diced  
1 x 400g can chilli beans  
1 x 400g can tomatoes  
1 tsp dried mixed herbs  
2 tablespoons of tomato sauce

### Potato topping

700g potatoes, peeled and cut into chunks  
150 ml trim milk  
Salt and freshly-ground black pepper, to taste  
½ cup of edam cheese

Pre-heat oven to 180' C. Heat oil in a frying pan, add onion, garlic, celery, leek and carrot and sauté gently for 10 minutes. Add beans, tomatoes, herbs and tomato puree with 45 ml water. Season to taste and simmer for 5 minutes. Spoon bean and tomato mixture into an ovenproof dish and top with mash. Sprinkle edam cheese on top.

Cook for 20 minutes until topping is golden brown. Serves 4

### Topping:

Cook potatoes in a saucepan of boiling water for 20 minutes or until tender. Mash with milk and season to taste. Use as directed

### Health Habits:

- Using a range of vegetables – provides wide range of vitamins, minerals and antioxidants
- Adding legumes (chilli beans) – great source of low fat protein, fibre, vitamins and minerals
- Using Edam cheese instead of regular cheddar – less fat