

## RFSS Recipes 2026

### Our Healthy Dish Recommendations

#### Miss Beale's Vegan Cottage Pie

##### Ingredients:

- 2 packs Plant Pioneers mash potato
- 1 tbsp olive oil, plus extra for dressing
- 1 onion, peeled and sliced
- 1 clove garlic, peeled and finely chopped
- 350 g Plant Pioneers meat-free mince
- 1 tsp mustard
- 400 g carton basics chopped tomatoes
- 1 tsp dried mixed herbs
- 500 g carrots, washed, peeled and sliced
- Black pepper, to season

##### Method:

- Heat the olive oil in a pan and fry the onion and garlic until soft. Add the meat-free mince and cook until browned.
- Add the mustard, chopped tomatoes and the herbs, then simmer for 15 minutes.
- Preheat the oven to 180°C, fan 160°C, gas 4. Cook the mash to the packet instructions.
- Place the mince mixture in an ovenproof dish, then top with the mashed potato, covering the meat-free mince evenly. Bake for 25 minutes.
- Meanwhile, steam or boil the carrots until tender. Season and serve with the cottage pie.

