

RECIPE FOR HAPPY BELLIES :))

HAGGIS COTTAGE PIE

10	ml sunflower oil	£0.01
2	onions, chopped	£0.08
1	stick celery, chopped	£0.07
2	carrots, diced	£0.12
1	budget baked beans	£0.29
1	tins chopped tomatoes	£0.35
½	vegetarian haggis	£0.75
1	clove garlic, crushed	£0.03
6	large potatoes, chopped	£0.65
10	g butter	£0.10
1	pinch salt	£0.01
1	pinch black pepper	£0.05
25	g cheddar cheese, grated	£0.16
		<u>£2.67</u>

4 PORTIONS = 67p/PORTION

METHOD: In a wok or large non-stick saucepan, fry onions , carrots and celery vegetable oil until just beginning to colour. Add garlic, haggis and tinned tomatoes. Stir, breaking up big lumps of haggis. Turn down heat and stir occasionally to prevent sticking. After 10 minutes, add baked beans and stir in. Meanwhile, boil potatoes in salted water, until soft - around 15-20 minutes. Drain and add butter and black pepper. Place haggis mixture, which should be thickened a little by now, into a large casserole dish. Cover with mashed potato and sprinkle grated cheese on top. Place under hot grill to melt cheese, or if making in advance can be reheated in oven. Serve in big slabs - this is a complete meal so no accompaniment is needed, although could be served with a green vegetable for colour. This dish freezes well, so could be made in double quantities to save time later.