

Cottage Pie

INGREDIENTS

QUANTITIES

	Yrs 0-3	Yrs 4-8	Yrs 9+
Brown lentils, dried	70 g	85 g	105 g
Pumpkin	125 g	150 g	190 g
Onion	125 g	150 g	190 g
Canola oil	12 ml	15 ml	20 ml
Beef mince (lean)	290 g	350 g	440 g
Carrot, grated	170 g	200 g	250 g
Garlic, minced	8 g	10 g	13 g
Tomato paste	40 g	50 g	60 g
Canned crushed tomatoes	125 g	150 g	190 g
Mixed herbs	3.3 g	4 g	5 g
Peas	115 g	140 g	175 g
Instant gravy (prepared)	250 ml	300 ml	375 ml
Potato flakes	130 g	160 g	200 g
Milk	265 ml	320 ml	400 ml
Water	530 ml	640 ml	800 ml
Salt and pepper (to taste)	-	-	-
Edam cheese, grated	50 g	60 g	75 g

DIRECTIONS

1. Rinse and soak lentils overnight in cold water.
2. Preheat oven to 200 degrees Celsius.
3. Drain lentils, then boil (1 part lentils to 2 parts water) for 30 minutes or until tender.
4. Drain and set aside.
5. Dice onion and grate pumpkin.
6. Heat oil in a pan and brown mince over high heat.
7. Add onion, carrot, and garlic, cooking until tender.
8. Stir through tomato paste then add grated pumpkin, canned tomatoes, lentils and mixed herbs.
9. Prepare gravy mix according to packet instructions and add to the pan.
10. Simmer for 20 minutes until thickened. Add peas in the last 5 minutes.
11. Make instant mashed potatoes with potato flakes, milk and water. Season with salt and pepper.
12. Pour the mince mixture into a baking dish, spread mash on top, sprinkle with cheese.
13. Bake for 30 minutes.

**SERVES 10
FOR EACH YEAR GROUP**

\$

COST PER SERVE

YRS 0-3: \$1.04

YRS 4-8: \$1.25

YRS 9+: \$1.56



Ka Ora, Ka Ako
Healthy School Lunches Programme

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Cottage Pie continued...

GILMOURS PRODUCT INFO

****products & pricing valid as at 19/2/26
and subject to change****

PRODUCT DESCRIPTION	PACK SIZE	PRICE
GILMOURS LENTILS BROWN	3 KG	\$12.03
FC PUMPKIN DICED BAG	1 KG	\$7.54
BROWN GILMOURS ONIONS TAG1	10 KG	\$9.04
VALUE CANOLA OIL	3 L	\$9.22
KIWI TO THE BONE BF MINCE 85CL	1 KG	\$16.34
FRESH CONNECTION CARROT GRATED	1 KG	\$5.49
GILMOURS GARLIC CRUSHED IN OIL	1 KG	\$7.69
GILMOURS TOMATO PASTE A9	2.2 KG	\$5.94
GILMOURS TOMATOES CRUSHED	2.5 KG	\$6.37
GILMOURS MIXED HERBS	500 G	\$8.37
GILMOURS PEAS GARDEN	2 KG	\$5.87
CONTINENTAL GRAVY RICH BROWN	1.8 KG	\$23.85
GILMOURS POTATO FLAKES	1.5 KG	\$12.87
PAMS VALUE MILK STANDARD	3 L	\$6.29
ALPINE CHEESE EDAM GRATED	5 KG	\$74.16

NUTRITION STANDARDS SUMMARY

	YRS 0-3	YRS 4-8	YRS 9+
Total Meal Weight (g)	217	266	326
Vegetables (g)	58	70	88
Protein Food (g)	47	56	70
Grain Food & Starchy Veg (g)	64	77	96

RECIPE TIPS

- If pumpkin is costly, replace with frozen corn or another seasonal vegetable.
- Instant mashed potato is a fast and convenient alternative to traditional mash with a similar nutritional value.
- Consider preparing vegetables and cooking lentils a day ahead to save time.
- Adjust the lentil-to-mince ratio to match the preferences of your ākonga.
- Use a food processor for quicker vegetable preparation.

PORTIONING GUIDANCE

Weigh out reference plates for each meal size to visually guide your portioning.

YRS 0-3: Serve about 210g

YRS 4-8: Serve about 260g

YRS 9+: Serve about 320g

SPECIAL DIET SUBSTITUTION IDEAS

Vegetarian: Remove mince and triple the amount of brown lentils.

Vegan: Remove mince and triple the amount of brown lentils. Use plant-based milk and cheese.

Gluten-free: GF gravy.

Dairy-free: Plant-based milk and cheese.

Halal: Halal-certified mince and gravy.