

Cottage pie



SERVES
10

Ingredients

Quantities

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

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.



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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.

Wheat/gluten:

- Use gluten-free gravy mix.

Dairy:

- Use plant-based milk and cheese.

Halal:

- Use Halal-certified mince and gravy mix.

Sulphites:

- Use sulphite-free gravy mix.

Portioning guidance

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

	YRS 0-3	YRS 4-8	YRS 9+
Per portion	Serve about 210g	Serve about 260g	Serve about 320g

Nutrition standards

	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 and starchy vegetables (g)	64	77	96

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Gilmours lentils brown	3kg
Fresh Connection pumpkin diced bag	1kg
Brown Gilmours onions tag1	10kg
Value canola oil	3L
Kiwi to the bone beef mince 85cl	1kg
Fresh Connection carrot grated	1kg
Gilmours garlic crushed in oil	1kg
Gilmours tomato paste A9	2.2kg
Gilmours tomatoes crushed	2.5kg
Gilmours mixed herbs	500g
Gilmours peas garden	2kg
Continental gravy rich brown	1.8kg
Gilmours potato flakes	1.5kg
Pams Value milk standard	3L
Alpine cheese edam grated	5kg

Allergens



dairy, wheat/gluten, sulphites.

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

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.