

Bubble & squeak pie : a healthy eating recipe / Tesco.

Contributors

Tesco (Firm)

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TESCO

RECIPE *Collection*

Bubble & Squeak Pie

INGREDIENTS

- 450g (1lb) Tesco Healthy Eating Steak Mince
- 1 Onion, sliced
- 2 Leeks, sliced
- 1 Parsnip, chopped
- 300ml (½ pt) Beef Stock
- Salt and Ground Black Pepper
- 900g (2lb) Potatoes, peeled and chopped
- 25g (1oz) Sunflower Margarine
- 450g (1lb) Cabbage, finely shredded

A HEALTHY EATING RECIPE

TESCO

Healthy Eating

Bubble & Squeak Pie

METHOD

- 1 Cook the minced beef and onions in a saucepan for 10-12 minutes. Add the leeks and parsnip and cook for a further 5 minutes.
- 2 Add the stock and season. Cover and simmer for 20 minutes or until the vegetables are tender.
- 3 Meanwhile cook the potatoes until soft and mash with the margarine. Cook the cabbage for 5 minutes, drain and mix with the potato. Season.
- 4 Place the mince mixture in the base of an ovenproof dish. Top with the potato and cabbage mixture. Bake in the centre of the oven for 35 minutes or until golden brown.

Serves 4

COOKING TIME

35 MINUTES

TEMPERATURE

190°C / 375°F / GAS MARK 5

NUTRITION CONTENT PER SERVING (SERVES 4)

Energy	Fat	Protein	Carbohydrate	Fibre
505 Calories (kcal)	17g	39g	49g	8g

All lines subject to availability at Tesco

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