

1. Cook sliced potatoes with a little water in a covered container on High (100%) until tender, stirring once or twice (450g potatoes and 60ml water take 6-8 minutes). Allow them to stand for 5 minutes then drain and mash with salt, pepper, butter/margarine and a little milk.
2. Place the mixed vegetables, onion, herbs and tomato puree in a large bowl, stir well.
3. Cook on High (100%) for 6-8 minutes, stir twice during cooking.
4. Stir in the blended cornflour, stock and seasoning, cook on High (100%) for 3-4 minutes.
5. Pour into a deep 25cm (10") dish. Spread the potato over the vegetable mixture; score across the potato with a fork, giving a spiky effect.
6. Spread tomato slices on the top of the potato and sprinkle over the cheese
7. Microwave on High (100%) 3-4 mins, until the cheese has melted.

300g chopped mixed vegetables (fresh/frozen/tinned)
60g (small) onion, chopped
1tbsp (15ml) tomato puree
225ml hot stock
1/2 tbsp (7.5ml) Worcestershire sauce
1 tbsp (15ml) cornflour, blended with water
1/2 tsp (2.5ml) mixed herbs
salt and pepper
450g potato, cooked and mashed
1 medium sliced tomato
2tbsp (40gm) grated strong cheese

'What's Cooking!' Recipe Card**VEGETARIAN COTTAGE/SHEPHERDS PIE****FOOD FACT:**

Great way to increase your veggies intake!

Using a strong flavoured cheese in recipes means you can use less cheese to get flavour and cut down on saturated fats.

Preparation time **8mins**

Cooking time **15mins**

Serves 3-4