

## Cottage Pie... Basic

	<p>Sainsbury's Beef Steak Mince, Lean 500g</p> <p>Buy 2 for £7.00</p> <p>£3.95/unit £7.90/kg</p>	
	<p>Sainsbury's Ready Prepared Mashed Maris Piper Potato With Butter &amp; Seasoning 400g</p>	<p>£1.00/unit £2.50/kg</p> <p>Typical life 4 days</p>
Put together?		
	<p>Sainsbury's British Classic Cottage Pie 450g</p>	<p>£2.50/unit £5.56/kg</p> <p>Typical life 7 days</p>

### Ingredients:

- Mashed Potato (50%),
- Minced Beef (26%),
- Gravy,
- Onion (7%),
- Mashed Potato contains: Potato, Butter, Cows' Milk, Salt, Pepper,
- Gravy contains: Water, Roast Beef Stock (Water, Natural Beef Juices, Tomato Purée, Onion, Carrot), Cornflour, Worcester Sauce (Water, Spirit Vinegar, Sugar, Tamarind Extract, Onion, Garlic, Ginger, Lemon Juice from Concentrate, Clove, Chilli), Tomato Purée, Salt, Caramel, Black Pepper

### Ingredients per 100gm

Energy	<b>93 kcal</b>
Protein	<b>4.1 gm</b>
Carbs	<b>11.8 gm</b>
Fat	<b>3.1 gm</b>
Components add up to: 19gm = <b>19%</b>	

This all adds up to being to a (watery) low fat, high carb meal

### Comparison to milk

Ref: glass of 2% milk (200 ml)

Energy: 95kCal

- Protein: 7 gm
- Carbs: 11
- Fat: 4 gm


Ref: glass of 4% milk (200 ml)

Energy: 136 kCal

- Protein: 7 gm
- Carbs: 9 gm
- Fat: 8 gm



## A little more luxury in your pie?



**Sainsbury's Cottage Pie, Taste the Difference 400g**

**£3.60/unit**  
£9.00/kg

Typical life  
**7 days**

## Ingredients

- **Potato (40%)**
- **North Highlands Beef (33%)**
- Onion
- Extra Mature Cheddar Cheese (Cows' Milk)
- Red Wine
- Carrot
- Roast Beef Stock (Beef Juices, Water, Tomato Paste, Onion, Carrot)
- Celery
- Double Cream (Cows' Milk)
- Wheat Flour
- Cornflour
- Worcester Sauce (Water, Spirit Vinegar, Sugar, Tamarind Extract, Onion, Garlic, Ginger, Concentrated Lemon Juice, Clove, Chilli)
- Jersey Butter (Cows' Milk)
- Tomato Purée
- Yeast Extract (Barley)
- Beef Dripping
- Sea Salt, Salt
- Thyme
- Roasted Barley Malt Extract, Black Pepper, White Pepper.

### Ingredients per 100gm

Energy	<b>150 kcal</b>
Protein	<b>9.2 gm</b>
Carbs	<b>11.6 gm</b>
Fat	<b>6.9 gm</b>

Nb: key components add up to: 28gm = **28%**

Source: [http://www.sainsburys.co.uk/sol/index.jsp?GLOBAL\\_DATA\\_searchType=0](http://www.sainsburys.co.uk/sol/index.jsp?GLOBAL_DATA_searchType=0)

## Alternative: Home-made recipe

- **33% ground beef**
- **33% potato** (or cauliflower for the alternative low-carb version) & butter/milk
- 15% for gravy + onions, carrots, garlic,
- 10% tomatoes and tomato paste
- Flavourings: thyme, bay leaf, star aniseed, Worcester sauce, salt and pepper
- Cheese for the gratinéé

**Weight of ingredients:****Recipe 1**

- 800 gm mince
- Mash = 800 gm potatoes (includes 100 gm butter/milk)
- 240 gm onions/carrots/garlic/celery
- 120 gm chicken stock
- 400 gm tomatoes
- 50 gm tomato paste
- + cooking oil, flavourings & cheese to taste

**Total for Recipe 1 = 2.45 kg**

Recipe 1	Per 100 grams				grams	The Cooked Pie			
Ingredients	Fat	Carbs	Protein	Calories	Recipe weights	Total Fat	Total Carbs	Total Protein	Total Calories
Beef mince	17	0	27	272	800	136	0	216	2176
Pot Mash	4	17	2	113	800	32	136	16	904
Veggie mix	11	8	1	42	240	26	19	2	101
Stock	1	4	3	36	120	1	5	4	43
Tin toms	0	4	1	17	400	0	16	4	68
Tom pureé	1	19	4	82	50	1	10	2	41
Cooking oil	20	0	0	884	20	20	0	0	176
<b>TOTAL</b>					<b>2430</b>	<b>216</b>	<b>186</b>	<b>244</b>	<b>3509</b>
<b>Per small portion</b>					<b>100 gm</b>	<b>8.9</b>	<b>7.7</b>	<b>10.0</b>	<b>144</b>

**Total for recipe 2 = 2.42 kg (less tomato, more puree and more stock)**

Recipe 2	Per 100 grams				grams				
Ingredients	Fat	Carbs	Protein	Calories	Recipe weights	Total Fat	Total Carbs	Total Protein	Total Calories
Beef mince	17	0	27	272	800	136	0	216	2176
Pot Mash	4	17	2	113	800	32	136	16	904
Veggie mix	11	8	1	42	240	26	19	2	101
Stock	1	4	3	36	360	4	14	11	129
Tom pureé	1	19	4	82	200	2	38	8	164
Cooking oil	20	0	0	884	20	20	0	0	176
<b>TOTAL</b>					<b>2420</b>	<b>220</b>	<b>207</b>	<b>243</b>	<b>3550</b>
<b>Per small portion</b>					<b>100 gm</b>	<b>9.1</b>	<b>8.6</b>	<b>10.1</b>	<b>147</b>

**Recipe 1: Ingredients per 100gm**

Energy 144 kcal  
 Protein 10.1 gm  
 Carbs 7.7 gm  
 Fat 8.9 gm

Nb: key components, 27gm = 26%

**Recipe 2: Ingredients per 100gm**

Energy 147 kcal  
 Protein 10.1 gm  
 Carbs 8.6 gm  
 Fat 9.1 gm

Nb: key components, 28gm = 28%

## ...Towards lower-carb

### Recipe 3 – substituting half the potato with cauliflower

Recipe 1	Per 100 grams				grams	The Cooked Pie			
Ingredients	Fat	Carbs	Protein	Calories	Recipe weights	Total Fat	Total Carbs	Total Protein	Total Calories
Beef mince	17	0	27	272	800	136	0	216	2176
Pot Mash	4	17	2	113	400	16	68	8	452
Cauli-mash	4	3	2	61	400	16	12	8	244
Veggie mix	11	8	1	42	240	26	19	2	101
Stock	1	4	3	36	120	1	5	4	43
Tin toms	0	4	1	17	400	0	16	4	68
Tom pureé	1	19	4	82	50	1	10	2	41
Cooking oil	20	0	0	884	20	20	0	0	176
<b>TOTAL</b>					2430	216	130	244	3301
<b>Per small portion</b>					100 gm	8.9	5.3	10.0	136

#### **Recipe 3: Ingredients per 100gm**

Energy **136 kcal**

Protein **10.0 gm**

Carbs **5.3 gm**

Fat **8.9 gm**

Nb: key components, 24gm = **24%**

All nutrition facts courtesy of: <http://nutritiondata.self.com/>