

Indian Cottage Pie

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-cottage-pie-recipe>

Ingredients:

- 2 tablespoons sunflower oil
- 3 cardamom green, pods - crushed, seeds only
- 1 cinnamon stick
- 1 large onion chopped
- 1 large carrot diced
- 1 tablespoon ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon Garam Masala
- 1 teaspoon black pepper
- 1/2 teaspoon chilli powder
- 5 cloves garlic
- 2 inches fresh ginger
- 1 teaspoon salt
- 1 pound beef mince
- 4 tomatoes chopped or 400g tin plum tomatoes
- 6 3/4 tablespoons beef stock
- 2 tablespoons Worcestershire sauce
- 3/4 cup frozen peas
- 1 3/4 pounds potatoes
- 3 1/2 tablespoons butter
- 3 3/8 tablespoons double cream

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 125 milligrams
4. Fat: 40 grams
5. Fiber: 8 grams

6. Protein: 30 grams
 7. SaturatedFat: 17 grams
 8. Sodium: 940 milligrams
 9. Sugar: 10 grams
 10. TransFat: 1 grams
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