



## Food For Thought Recipe and Allergen Card

### Quorn Mince Cottage Pie

100 Portions

Ingredient	Hannah Product Code	Quantity
Gravy sauce (see recipe)		
Onion - diced		2k
Carrots - diced		2k
Quorn Mince	F001641	4k
Potatoes		20k
Salt		2 tbsp
Olive oil	D001010	For frying
Margarine	C000266	600g

#### RECIPE METHOD – ALLERGENS

1. Make the **gravy sauce** as per the FFT recipe
2. In a separate pan add enough olive oil for frying
3. Add diced onion and carrot and fry for 10 minutes
4. Add the gravy sauce
5. Add the **Quorn mince**
6. Simmer for 20 minutes, until the onion and carrot is tender
7. Peel the potatoes
8. Add to a large saucepan
9. Cover with cold water
10. Add salt
11. Bring to the boil and cook until just tender
12. Add margarine
13. In a baking dish add the mince and gravy until 2/3 up the side of the dish
14. Top with mash
15. Bake in the oven at 200°C until golden on the top and piping hot throughout

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
<b>Milk</b>
<b>Eggs</b>
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
<b>Celery</b>
Mustard
Soya
Lupin
Sulphites
May contain...