

Dig-Down Pie

**EAT THEM
TO DEFEAT THEM**

FEATURING



Peas



Carrots

Sweetcorn

The carrots have tunnelled their way to the **Centre of the Earth**.

The kids will need to break through the earth's crust, dig through the steaming hot lava and find the veggies.

Your mission is to help the kids find them and eat them to defeat them. Start their journey by saying...



DIG FOR VICTORY!



A cottage pie with a creative twist to create a story for the children. Make with meat-based or plant-based alternative protein, with a decent base layer of carrots, chickpeas to pad out the “mince” and an extra sprinkle of carrots and sweetcorn on top to give a good strong crust, which should be as crispy as possible.

Method

Yield 10

Here’s our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say “Dig for Victory!”

- 1** Pre heat oven to GM4/350°F/180°C
- 2** Lay the cooked prepared sliced carrots on the bottom of a suitable oven proof dish.
- 3** Place a suitable pan on the stove to heat and add the mince, diced onion, diced carrots, peas, vegetable stock, lentils, chickpeas, and black pepper, continue to cook until the lentils cook through. **If using plant-based alternative, add at point 4 with the tomato puree.**
- 4** Stir the tomato puree (and plant-based alternative, if using) and thickening granules into the pan, carefully place on top of the layered carrots in the oven proof dish.
- 5** Top with mashed potato that has been pre prepared and create lines using a fork.
- 6** In a small bowl mix together the oil, carrot sticks and sweetcorn. Mix the coated vegetables with the grated cheddar or plant-based alternative and evenly sprinkle on top of the prepared mashed potatoes.
- 7** Place into the pre heated oven to cook for 20 minutes or until golden brown and core temperature is reached.
- 8** Probe and record temperature - must be above 75 °C
- 9** Remove from the oven, sprinkle with the chopped parsley, and serve.

Serving suggestions

Any potato-topped pie works – the key is the layer of carrots at the bottom to create the story for the children.



Ingredients

Mince

300g beef, lamb, chicken or plant-based alternative
400g cooked sliced carrots
2 onions, diced
150g carrots, diced
100g peas
500ml vegetable stock
50g lentils
200g chickpeas
½ tsp black pepper
20g tomato puree
50g thickening granules

Potato Topping

1.25kg mashed potatoes
10ml oil
100g carrots, thin sticks (julienne)
100g sweetcorn
150g cheddar cheese or plant-based alternative, grated
10g parsley, chopped

