

Dragon Pie

This is actually a 2 pan recipe as you need to boil the potatoes to make the mash. You could of course use packet mash if you are looking for short cuts. This dish celebrates St George, the patron saint of England (and many other nations too).

Ingredients for Mash

- 500g potatoes
- ½ tsp salt
- Splash of milk
- Knob of butter
- 50g cheddar cheese (or local variation)
- 1tsp Worcestershire sauce (balsamic vinegar is a good replacement if you want to keep it plant-based as Worcestershire sauce contains anchovies, a tiny fish. Balsamic vinegar isn't particularly 'English' though, more Mediterranean).
- 1 whole chill

Ingredients for Pie

- Onion
- Tbsp veg oil (or butter)
- Source of protein: 500g minced beef, plant-based mince alternative, or a tin of cooked lentils.
- 1 pint gravy
- Teaspoon rosemary and a bay leaf (or a tsp mixed herbs)



Method:

1. Bring a pan of water to the boil (I boil a kettle for speed then transfer to a warmed pan).
2. Peel and dice a handful your potatoes. The smaller they are the quicker they will cook.
3. Add the potatoes to the pan with the salt and bring to the boil.
4. Whilst the potatoes are boiling, chop the onion and fry in a large pan on a gentle heat until tender.
5. Add stock cube and herbs and stir.
6. Add your protein and stir. If using beef you will need to 'brown' it until all the edges are sealed and no longer look red but brown.

7. Add the Worcestershire sauce (or balsamic oil) and a little water which will mix with the stock cube to make a gravy. Add the whole chilli. Leave to simmer on a low heat.
8. Meanwhile the potatoes should now be cooked. Drain them and return to your pan. Splash in the milk and butter and mash. Season with salt and pepper.
9. Spoon the sauce into an ovenproof dish.
10. Cover with the mashed potato.
11. Fork a design on the potato and sprinkle with cheese.
12. Everything is cooked and ready to eat, however, to get a really delicious, melted cheese topping, pop under the grill until it turns brown.

Serve with your favourite vegetables. Alternatively add chopped vegetables (or mixed frozen veg) along with your protein for an all-in-one meal. Whoever finds the chilli becomes a dragon for the rest of the day!

Nutritional Nugget:

This is a great meal for 'hiding' vegetables in. If you have super-sleuth family members you are cooking for you may have to grate vegetables rather than chop them, or even puree them! If you have a glut of veg (or veg that are getting past their best) puree them, add them to an ice cube mould and pop in the freezer so they are ready for when you want them.

Budgeting Hack:

Even if using minced beef you can save by halving the amount of meat and replacing it with a tin of lentils which cost just pennies.

This meal is also a good way to use up any leftovers from a 'Sunday Roast'. Pop the cold meat in a blender or chop finely and add to the mix instead of mince.

Holy Moment:

St George's Day (23rd April) a day when we remember the Christian soldier who has become the patron saint of many countries including England. He certainly deserves a feast to celebrate his heroic actions in saving not just a princess in distress, but a whole community.

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