# Beef Cottage Pie

**Ingredients:**

- 500g minced beef
- 1 onion, diced
- 2 carrots, diced
- 2 cloves of garlic, minced
- 2 tablespoons tomato paste
- 400ml beef stock
- 1 tablespoon Worcestershire sauce
- 2 tablespoons all-purpose flour
- Salt and pepper to taste
- 800g potatoes, peeled and chopped
- 50g butter
- 100ml milk
- 100g grated cheddar cheese (optional)
- Fresh parsley for garnish (optional)

Instructions:

1. Preheat your oven to 200°C (400°F).

2. In a large pan, heat some oil over medium heat. Add the diced onion and carrots, and cook until softened, about 5 minutes. Add the minced garlic and cook for another minute.

3. Increase the heat to medium-high and add the minced beef to the pan. Cook until browned, breaking up any clumps with a spoon.

4. Sprinkle the flour over the beef mixture and stir well to combine. Cook for a minute to remove the raw flour taste.

5. Stir in the tomato paste, Worcestershire sauce, and beef stock. Bring to a simmer and cook for about 10-15 minutes until the sauce has thickened slightly. Season with salt and pepper to taste.

6. While the beef mixture is simmering, cook the potatoes in boiling salted water until tender, about 15 minutes. Drain well and mash with the butter and milk until smooth. Season with salt and pepper.

7. Transfer the beef mixture to a large ovenproof dish and spread the mashed potatoes evenly over the top.

8. If desired, sprinkle grated cheddar cheese over the mashed potatoes.

9. Bake in the preheated oven for 20-25 minutes or until the top is golden and the filling is bubbling.

10. Serve hot, garnished with fresh parsley if desired.