

# Switch and swap pie

Serves 4  Suitable for Freezing

## Ingredients:

- 2 tbsp. sunflower / rapeseed oil
- 2 onions, sliced (red or white)
- 1 tbsp. flour
- 300g (about 2 large) carrot, cut into small batons
- 1 head of broccoli cut into small florets
- 4 garlic cloves, finely sliced
- 2 tsp dried rosemary or basil.
- 400g can chopped tomatoes
- 200g tin of tuna or baked beans
- 200g frozen mixed vegetables
- 900g potato, cut into chunks, boiled and mashed with milk, seasoning and a tsp. of butter if desired.

## Method:

Heat 1 tbsp of the oil in a flameproof dish over a medium heat.

Add the onions and cook for 10 mins until softened, then stir in the flour and cook for a further 2 mins.

Add the carrots, broccoli, garlic and herbs, and stir-fry for 5 mins, to soften.

Add the tomatoes along with a can full of water.

Cover with a lid and simmer for 10 mins, then remove the lid and cook for 10-15 mins more, until the sauce has thickened

and the vegetables are cooked.

Season, stir in the frozen vegetables and cook for 1 min more. Add the remaining olive oil and season.

Heat the grill. Spoon the hot vegetable mix into a pie dish, top with the mash and drag a fork lightly over the surface.

Place under the grill for a few mins until the top is crisp golden brown.

*Enjoy!*



Serving Suggestion

## Switch and swap variations:

- Swap 300g of parsnips for the carrots.
- Swap ½ head of cauliflower for the broccoli.
- Use a large tin of sweetcorn instead of the frozen vegetables.
- Add in 1 small tin of lentils or kidney beans in place of tuna.
- Grate 2-3 tbsp of cheese on top of the mashed potatoes.