

Meat and Potato Cake

IDDSI Level 6

Lunch / Dinner

Recipe source:
MND Association

Time to make: 15 mins prep +
85 mins cooking time

Servings: 2-4

Ingredients:

400g mince
800g potatoes, peeled and thinly sliced
200g onions, sliced
400g tin chopped tomatoes
1 egg
150ml milk
15g butter
15g plain flour
25g grated cheese
Finely chopped parsley
Salt and pepper

Dietitian's Top Tips:

- **Time saver:** cook additional portions to freeze and use at a later date.
- If your goal is to gain weight, add additional grated cheese and/or butter.

Instructions:

- Place the meat, onions and parsley in a pan with $\frac{1}{2}$ cup of water. Simmer until all the water is absorbed.
- Add the butter and continue cooking gently, then add the chopped tomatoes/passata and season with salt and pepper to taste.
- Cook for 20 minutes until the meat and onions are tender.
- Grease a cake tin and arrange a layer of potatoes at the bottom. Cover with a layer of the meat mix, then potatoes again and so on, finishing with a layer of potato.
- Gently melt the butter in a pan, then mix in the flour. Gradually whisk in the milk and keep whisking until the sauce thickens. Continue stirring the white sauce for another couple of minutes.
- Remove the sauce from the heat and beat in the egg and cheese. Pour over the top layer of potatoes.
- Bake for about 1 hour in a moderate oven (180 C, 160 C fan oven, gas mark 4).
- Serve with steamed or boiled green vegetables compliant with IDDSI level 6, cut to 1.5cm pieces.