



Shepherd's Pie

Serves 4

Ingredients:

- 1tbsp vegetable oil
- 1 onion, chopped
- 3 carrots, chopped
- 1 cup of peas
- 500g lamb mince (or quorn/soya)
- 2tbsp tomato puree
- 1tbsp Worcestershire sauce
- 500ml beef stock
- 1kg potatoes
- 50g butter
- splash of milk

Method:

1. Heat oil in a pan
2. Add onions and carrots and fry for about 10 minutes, until softened
3. Add mince and fry until browned (remove excess fat)
4. Add tomato puree and Worcestershire sauce and fry for a further couple of minutes
5. Pour over stock and simmer for 40 minutes, adding peas for the last 5 minutes
6. Meanwhile, heat the oven to 180° C and boil the potatoes
7. Mash the potatoes with butter and milk
8. Put the mince mixture in an ovenproof dish and top with the mash
9. Bake for 20-25 minutes

