



Shepherd's Pie

Serves 6

Preparation time: 15 minutes

Cooking time: 1 hour 45 minutes

1kg lean Lamb mince
1 tsp olive oil
1 onion, finely chopped
1 celery stalk, finely chopped
1 carrot, diced
1 tbsp flour
1/2 cup beef stock
400g chopped tomatoes
4 cups mashed potato

Method:

1. Preheat the oven to 180C.
2. Heat half oil in a large saucepan and cook the onion, celery, carrots and cook until softened. Remove from the pan.
3. Add the remaining oil and brown the lamb mince. Mix in the flour and cook for 1 minute. Add the stock, tomatoes and onion mixture and stir until well combined. Simmer, covered, for 45 minutes.
4. Spoon the lamb mixture into an ovenproof dish and top with the mashed potato. Bake for 35 -40 mins or until golden.

Serving Suggestion:

Serve with Brussel Sprouts.