

# Delicious Dinners

## Sublime Shepherd's Pie



### Sublime Shepherd's Pie (Serves 4)

#### Ingredients

500g lean minced lamb  
400ml beef or vegetable stock  
2 teaspoons olive oil  
2 carrots (peeled and diced)  
50g peas  
200g swede (peeled and diced)  
1 onion  
1 tablespoon tomato puree  
1 tablespoon Worcester sauce  
4 tomatoes (peeled and diced)  
700g potatoes (peeled and diced)  
20g butter  
25g cheese (grated)

#### Equipment

Hob, frying pan, saucepan, potato masher, ovenproof dish, grill, colander

#### Method

1. Heat the olive oil in a large frying pan and cook the lamb slowly until well browned. Remove from the heat and place into a colander to remove any excess fat
2. In the same frying pan sauté the onions, carrots and swede for a few minutes
3. Add the mince, tomato puree, Worcester sauce, tomatoes, peas and stock. Bring to the boil and simmer for 1 hour until the stock reduces and thickens to form a rich sauce
4. Meanwhile place the potatoes into a saucepan and boil until tender
5. Mash the potatoes and add the butter and milk, combining well
6. Spoon the meat and vegetable mixture into an ovenproof dish, spread the potato over the meat and top with the grated cheese
7. Place under a medium grill until the cheese melts, the potato begins to brown and the sauce bubbles
8. Serve hot with steamed vegetables

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
456	MEDIUM	MEDIUM	MEDIUM	MEDIUM
Kcal	17.9	3.7	13.3	0.7