

Mince Mixture/Shepherd's Pie

Prep time: 15 minutes Cooking time: 25 minutes



4-6



10-12



Ingredients

400g / 14oz minced lamb, beef, turkey
or soya mince e.g Quorn

1 large onion, chopped finely

1 clove garlic, chopped finely

1 large carrot, chopped finely

4 medium mushrooms, chopped

1 tin / 400g / 14oz baked beans

200ml / 7floz / 1/3 pint low salt beef or
vegetable stock (using 1/2 stock cube)

2 tablespoon tomato puree

2 x 400g tins / 14oz chopped tomatoes

Pinch of black pepper

1/2 teaspoon of dried rosemary

1/2 teaspoon of dried thyme



Method.

Meat/Quorn/Soya Mince

- Heat a large pan. Add mince, stir and cook for about 5 minutes until the mince has turned brown. Remove the pan from the heat, and drain off any liquid
- Return to heat. Add onion, garlic and carrot. Cook for 5 – 8 minutes, stirring occasionally
- Add the rest of the ingredients. Season with black pepper. Simmer for 15 minutes until most of the liquid has gone

Method. Pre heat oven to 180°C / Gas Mark 4

Shepherd's Pie

- Whilst mince mixture is simmering, peel, chop and boil 5 medium potatoes until soft (should take 30 minutes)
- Drain when soft. Place back in the empty pan. Add 100ml of milk and 1 tablespoon of margarine. Mash until smooth
- Spoon the mince into a large oven proof dish, and cover with the mashed potatoes. Use a fork to draw ridges across the top if desired
- Bake for 15 – 20 minutes until the top is lightly browned