

St. Paul's Cooking Class Crew

Shepherd's Pie Recipe

Prep: approx. 1 hour

Cook: 20mins

Serves: 6-8

Ingredients

- 500g minced lamb
- 1 onion, diced
- 1 clove garlic, finely chopped
- handful chopped fresh rosemary (optional)
- 2 carrots, grated.
- Tin of chopped tomatoes
- Handful of mushrooms, chopped in small pieces
- 2 handfuls of spinach (optional)
- 20gram (approx) tomato puree
- teaspoon salt.
- 1kg Potatoes
- 20g butter (approx)
- ¼ pint milk (approx)
- 200ml veg stock
- Black pepper
- Grated parmesan (handful approx.)

Method

1. In a pot, brown mince, once done remove from pot and set aside
2. Whilst the mince is browning, Peel and chop onion, carrots and mushrooms and set to side
3. In same pot add onions, carrots and chopped garlic and cook for 5 mins then re-add the mince stir
4. Optional you can add chopped rosemary at this stage, add 200ml of veg stock and salt, cook for ten mins until its all soaked up in the sauce
5. Add tin of chopped tomatoes and tomato puree and stir, cook for 10 mins on a medium heat,
6. Add chopped mushrooms
7. Peel and chop potatoes and parsnips and put in pan and boil
8. Pre – heat oven to 200degrees or 180 fan
9. Add chopped spinach and black pepper to mince, cook for further 10mins or until veg is soft and most of tomato sauce is dried up
10. Once potatoes and sweet potatoes are cooked drain and mash with the butter and milk.
11. Once mince is ready, pour into casserole dish and cover with mash
12. Optional sprinkle parmesan cheese on top and some black pepper
13. Place in the oven and cook for 15/20mins or until golden brown. Can also place under the grill if stuck for time.
14. Can be served with peas, broccoli or any veg of your choice.
15. Serve, enjoy