

Recipe

4

Serves

3-4

Shepherd's Pie



Ingredients

250g (8oz) lean minced beef or lamb
1x15ml spoon (1 Tablespoon) oil
1 onion, chopped
1 carrot, diced
25g (1oz) frozen peas
150ml (1/4 pint) water, with 1/2 stock cube
200g can of tomatoes
500g (1lb) potatoes
25g (1oz) butter or margarine
50ml (1/4 pint) semi skimmed milk

Equipment

Saucepan, frying pan, potato masher, measuring jug, mixing spoon, baking dish, colander, chopping board, knife and vegetable peeler.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Heat the oil in a frying pan, add the onion and cook for 5 minutes.
3. Add the minced beef or lamb, and cook until it browns.
4. Add the stock, carrots and canned tomatoes.
5. Simmer for 20 minutes, stir occasionally, then add the peas.
6. While the meat filling is cooking, boil the potatoes for 15 minutes, until tender.
7. Drain the potatoes and add the butter or margarine and milk. Mash until smooth and creamy.
8. Put the meat filling into an baking dish, and top with the mashed potato.
9. Bake for 20 minutes, until golden brown.

Nutrition Information

Shepherd's Pie	per 100g	per recipe	per portion ($\frac{1}{3}$ recipe)
Energy (kJ)	403	5460	1820
Energy (kcal)	96	1305	435
Protein (g)	5.4	73.2	24.4
Fat (g)	4.6	62.5	20.8
of which saturates (g)	1.9	26.0	8.7
Carbohydrate (g)	8.8	119.7	39.9
of which sugars (g)	2.3	30.5	10.2
Fibre (g)	1.1	14.6	4.9
Sodium (mg)	41	551	184
Salt (g)	0.1	1.4	0.5

Notes

Key Messages

Healthy eating

- Choose lean minced beef or lamb. To remove any excess fat, allow cooked meat to settle and then skim away any fat from the surface with a spoon. (Before proceeding to step 8.)
- Try adding a little low fat cream cheese and some skimmed milk instead of cream and butter to the mashed potato topping to reduce fat content and increase calcium content.

Money

- Meat can be expensive, so add lentils, canned beans or soya or Quorn to make the meat go further.

Food safety

- When handling raw meat, make sure all surfaces are wiped down and hands are washed before preparing other ingredients.