



SHEPHERD'S PIE

 50 MINUTES

 6



CALS

275



PROTEIN

22



CARBS

31



FAT

7



FIBRE

5

SHEPHERD'S PIE

SERVES: 6

TOTAL TIME: 50 MINUTES

INGREDIENTS

Mashed potatoes:

700 gram of potatoes, peeled and diced

200 millilitres of chicken stock

2 tablespoons of soured cream

2 teaspoons of paprika

Filling:

450 grams of lean ground beef

1 teaspoon of olive oil

1 white onion, finely diced

1 celery stalk, chopped

2 cloves of garlic, crushed

225 grams of mushrooms, chopped

300 grams of frozen mixed vegetables

2 tablespoons of flour

250 millilitres of beef stock

2 teaspoons of tomato purée

1 teaspoon of Worcestershire sauce

A handful of rosemary, chopped

A handful of thyme, chopped

A pinch of salt and pepper

INSTRUCTIONS

Begin by boiling the potatoes in a large pot of salted water until they are soft. Drain the potatoes and in the same pot mash them with the chicken stock, soured cream, salt and pepper. Once smooth, set aside.

Meanwhile, preheat your oven to 200°C/400°F/gas 6. In a large saucepan, brown the beef over a medium heat and break any of the larger pieces up as it cooks. When well cooked, set aside on a plate.

Add oil, onion, garlic, mushrooms and celery to the same pan, so that they absorb the flavour of the beef, and sauté until the vegetables are beginning to caramelise, this should take around 10 minutes.

Add the flour, frozen vegetables, beef stock, tomato purée, Worcestershire sauce, rosemary, thyme and cooked beef to the pan and mix thoroughly before simmering on a low heat for a further 10 minutes.

Pour the mixture into a large ovenproof dish and top with the mashed potatoes. If you like, sprinkle over some paprika to add spice and colour to the dish. Bake in the oven for 25 minutes until the potatoes turn golden and then serve.

MACROS PER PORTION

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