



Shepherd's Pie

Ingredients

1 onion
1 carrot
3 medium potatoes (700g)
¼ Savoy cabbage
250g lean minced lamb
1 x 15ml spoon plain flour
1 x 15ml spoon tomato purée
1 x 15ml spoon Worcestershire sauce
300ml water, boiling
1 x 5ml stock cube
150ml semi-skimmed milk



Equipment

Chopping board, knife, vegetable peeler, weighing scales, measuring spoons, saucepan, non-stick frying pan, wooden spoon, measuring jug, colander, potato masher, ovenproof dish/foil tray, baking tray.



Method

1. Preheat the oven to 200°C or gas mark 6.



- peel and dice the carrots;



2. Prepare the vegetables:

- chop the onion;



- peel and cut the potatoes into chunks;



- shred the cabbage.



4. Meanwhile, in a non-stick frying pan, dry fry the lamb with the onion and carrots, until the mince is browned.



6. Add the stock cube to the water to make up the stock.



8. During the last 5 minutes of cooking the potatoes add the cabbage.



10. Place the oven proof dish or foil tray on a baking tray. Spread the meat mixture into an ovenproof dish and spoon the mash over the top.



3. Place the potatoes in a saucepan of water, bring to the boil and simmer for 20 minutes, until soft.



5. Stir in the flour, tomato purée and Worcestershire sauce.



7. Add the stock to the meat mixture, bring to the boil and then simmer for 5 – 10 minutes, until the carrot is soft.



9. Drain the potatoes in a colander over the sink and mash with the milk.



11. Cook for 20 – 25 minutes, until golden brown, or take home and cook in the oven for this amount of time.

