

# 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.



2. Prepare the vegetables:
  - peel and chop the onion;



- peel and dice the carrots;



- peel and cut the potatoes into chunks;



## Method

- shred the cabbage.



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



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



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



## Method

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



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



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



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





## Method

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



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

