

SHEPHERD'S PIE WITH SWEDE & CARROT MASH



Moderate



30 minutes



Main



04 Servings

INGREDIENTS

3 tablespoon oil
1 large onion, finely diced
2 cloves garlic, crushed
1 bay leaf
2 teaspoon chopped fresh thyme
600g lean lamb mince
300g passata
150ml stock
2 teaspoons wholegrain mustard
1 tablespoon Worcestershire sauce
450g swede, peeled and diced
375g carrots, sliced
150g frozen peas
25g parmesan, grated



COOKING STEPS

Heat the oven to 190°C/fan 170°C/gas 5. Heat a large non-stick pan set over a medium heat and add the oil. Add the onion, garlic, bay leaf and thyme and cook for 6–8 min until soft. Add the mince and cook, breaking it up with a wooden spoon, for 5 min or until browned. Add the passata, stock, mustard and Worcestershire sauce. Bring to the boil, then reduce the heat and simmer for 25 min.

While the filling is cooking, add the swede and carrots to a large saucepan of water and bring to the boil. Reduce the heat and simmer for 20 min or until soft. Drain, then return to the pan and turn off the heat. Using a stick blender, blitz the vegetables into a purée, then season with black pepper.

Stir the peas into the filling, then spoon the mixture into 4 x 450ml pie dishes or 1 x large baking dish. Cover evenly with the swede and carrot topping, then scatter with the parmesan and spray with oil. Bake for 20 min or until the topping is golden.

Remove from the oven and leave to cool for 5 min before serving.