

## Shepherd's Pie

**Serves:** 4

**Prep time:** 20 minutes

**Cook time:** 40 minutes



4 serves per portion

### Ingredients

4 medium potatoes, diced  
1 tablespoon extra virgin olive oil  
1 small onion, diced  
¼ capsicum, diced  
½ teaspoon ginger, minced  
2 cloves garlic, crushed  
500g lean lamb mince  
1 carrot, diced  
1 zucchini, diced  
8 broccoli florets, diced  
½ cup peas  
1 small can of corn kernels, drained  
1 tomato, diced  
½ teaspoon turmeric powder  
1 tablespoon tomato paste  
¼ cup milk, reduced fat  
1 teaspoon butter  
⅓ cup cheese, reduced fat, grated

### Method

PREHEAT oven to 180°C.

BRING a pot of water to the boil and cook the potatoes until tender. Drain and set aside.

HEAT oil in frypan over medium heat. Sauté the onion, capsicum, ginger and garlic until vegetables are softened, around 5 minutes.

ADD the mince, stirring to break up any lumps. Heat until cooked through, around 10 minutes.

ADD the other vegetables (except potatoes), tomatoes and turmeric and a little bit of water if needed. Cook, covered, for a further 5 minutes.

STIR through the tomato paste and simmer, covered, for a further 5 minutes until everything is tender.

MASH the potatoes with milk and butter until smooth.

SPOON the meat mixture into a large oven-proof dish (or 4 small dishes) and spread over the mashed potato. Sprinkle with cheese and bake in oven for 10-15 minutes or until the cheese is melted and the top is golden brown.



Everyday Food

*Recipe courtesy of Lynda Tompkins, Yandina Branch*