



Shepherd's Pie

Recipe by Liz Clark



Serves 4



1 hour

INGREDIENTS

Filling:

- 1 large onion, peeled and roughly chopped
- 2 medium carrots, peeled and roughly chopped
- 1 tablespoon tomato paste
- 600g lamb mince
- Worcestershire sauce
- 1 cup dried split red lentils
- 2 cups beef or veg stock, or water
- A couple of handfuls of frozen peas
- Olive oil

Mashed potato topping:

- 1 kg Dutch Cream potatoes, peeled and chopped
- Butter and milk

Steamed broccoli (or other vegies) to serve

NOTES

This recipe will make one big pie. For a family of two, you can split it into two smaller pies and put one in the freezer for another day.

DIRECTIONS

Do this:

1. Pulse onion and carrot in a food processor until finely chopped.
2. Heat some olive oil in a pot and sauté onion and carrot until soft. Add tomato paste and sauté until fragrant.
3. Chuck the lamb mince into the pot and brown well. Add a good splash of Worcestershire sauce.
4. Stir in the lentils, and add the stock or water.
5. Bring to a simmer and leave on low, stirring occasionally, until the lentils are cooked and the mixture is thickened and yummy. Taste it and add salt, pepper, and Worcestershire sauce to taste.
6. Turn off the stove, stir in the peas, and put the mixture into a baking dish.

At the same time:

1. Boil the potatoes until soft. Mash with a big knob of butter, splash of milk, and season with salt and pepper.
2. Top the pie filling with the mash and rough up the surface with a fork (this will make lots of delicious brown crispy bits!)
3. Bake in a preheated 200°C oven for half an hour. Serve with steamed broccoli.



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