



## Shepherd's Pie

**LO: TBAT make a shepherd's pie in the time available.**

**To work independently.**

### Ingredients

- 1 onion
- 1 carrot
- 3 medium potatoes
- 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, saucepan, non-stick frying pan, wooden spoon, measuring spoons, kettle, measuring jug, colander, potato masher, ovenproof dish, baking tray.



### Method

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



2. Prepare the vegetables:  
chop the onion;



peel and dice the carrots;



• peel and cut the potatoes into chunks;



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.



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 carrots are soft.



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



9. Drain the potatoes and mash with the milk.



10. 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 this amount of time.



