Healthy Shepherds Pie

‘With extra ideas for the mash’

Ingredients

Few sprays of oil/frylight

1 large onion, finely chopped

500g lean mince or quorn

2 tsp mixed herbs

1 tsp garlic

1 tsp dried thyme

400g tin chopped tomatoes

450ml chicken, beef or lamb stock made with 1 reduced salt stock cube

2 tsp Worcestershire sauce

freshly ground black pepper

For the mash

700g potatoes, peeled and cut into halves or quarters

55ml skimmed milk

85g low fat butter

1 free-range egg yolk

Method

1. In a large saucepan, spray the oil, add the onion and cook for 5 minutes.
2. Then add the mince and stir until browned all over. While the meat is frying, break up any lumps with the back of the spoon.
3. Add the chopped tomatoes, stock, Worcestershire sauce and all the dried herbs.
4. Bring the mixture to the boil, adding a pinch of pepper and let it simmer for about 45 minutes, stirring regularly.
5. Preheat the oven to 200C/180C Fan/Gas 6.
6. For the mash, boil the potatoes until tender. Drain, add the milk, butter and egg yolk, then mash until smooth.
7. Pour the meat into a 1.4-litre/2½-pint ovenproof dish and spread the mash on top, smooth over and mark with a spatula. Put the dish into the oven and cook until the surface is golden brown.

**So that is the basic recipe and method of making a tasty shepherd’s pie. To add a twist into this dish, why not try mixing up the toppings. Here are a few suggestions…**

1. Potato and carrot mash
* 350g potatoes (peeled and chopped into quarters)
* 350g carrots (cut into 3-4cm chunks)
* 55ml skimmed milk
* 50g low fat butter
* Ground pepper to taste
1. Swede and carrot mash
* 350g swede (peeled and chopped into 1cm cubes- or ready prepared into 1cm from the shop)
* 350g carrots (cut into 3-4cm chunks)
* 55ml skimmed milk
* 50g low fat butter
* Ground pepper to taste
1. Green veg mash
* 200g potatoes (peeled and quartered)
* 200g swede (1cm cubes as above)
* 200g carrots (3-4cm chunks as above)
* 100g broccoli florets
* 150g peas
* Just a dash of skimmed milk
* Ground pepper to taste

The method is the same as above, peel and chop the veg as described, and boil in the same pan as the potatoes/veggies that are to make the topping, for 20 minutes. Then mash altogether and spoon on top of the mince mixture and cook in the oven for the same time as the usual shepherd’s pie.