



GF Friendly

Shepherd's Pie

meat mince and vegetables with a mashed potato topping

Pretty much the same as cottage pie, here's an easy dish that is definitely a budget saver. I used beef mince, but any meat can be substituted; or keep it simply vegetarian with any vegies of choice flavoured with appropriate stock and thickener.

200g beef mince, or alternative meat mince
2 medium potatoes
1 cup chopped cabbage
½ onion sliced
1 beef stock cube, or tsp stock powder
1 level Tbsp gravy powder
150ml water
salt and pepper (optional)
1 Tbsp milk



Peel and cube the potatoes, chop the cabbage and put both in a pan covered with water. Boil until the potato is soft; drain, then mash the two vegetables together with the milk and a shake of salt and pepper if using.

While the vegetables are cooking, heat the meat mince in a pan on medium, turning to break up the lumps and brown. Don't overdo this. The idea is to reduce the fat content of the meat which can be poured off before proceeding. Cooked too long and the meat will re-absorb the fat. Add the sliced onion and fry with the mince until the onion is softening. Crumble on the stock cube, or sprinkle on the powder and stir to mix. Allow this to cool a little; then sprinkle on the gravy powder. Combine this while adding the water. Bring the mixture to the boil, **stirring constantly** until thickened.

Spread the meat mixture into a 23cm (9 inch) pie dish, top with the mash, make a hole in the centre to release steam; and bake on 165°C fan-forced (180°C conventional) for 20-30 minutes until the topping starts to brown.

Serves 2 with extra vegetables

Tip: pie filling can be anything you want, including leftovers; and that half-can of baked beans saved from the corned beef hash recipe.

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