

## Hearty Shepherd's Pie with a Golden Sweet Potato Top

Please, we're asking nicely: don't substitute lamb mince for beef in a shepherd's pie! It's named after sheep shepherd for a reason. If you must experiment, do as we have here and get some creamy sweet potato topping on that bad boy - the flavour combination will blow your mind! All that's left to do then is sneak is some green veg to this warming package and ta-da! Dinner is served.



Prep: 15 mins Cook: 40 mins Total: 55 mins



level 1



nut free



## **Pantry Items**













Worcestershire Sauce





Brown Onion



Lamb Mince





Beef Stock



Tomato Paste









Baby Spinach

QTY	Ingredients	
1 kg	sweet potato, peeled & cut into 2 cm chunks	
2 tsp	butter *	
1 tbs	olive oil *	
1	brown onion, diced	
500 g	lamb mince	
1 clove	garlic, peeled &crushed	$\bigoplus$
1 tbs	plain flour *	
1 cube	beef stock	
1/4 cup	hot water *	
1 tbs	Worcestershire sauce *	
1 tub	tomato paste	
1	carrot, peeled & grated	
⅓ bag	green beans, ends trimmed & chopped into 2 cm lengths	<b>⊕</b>
½ bag	baby spinach, washed	<del>1</del>

Ingredient features in another recipe

Pantry Items

Pre-preparation

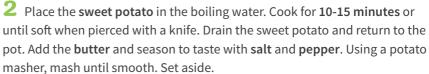
## **Nutrition per serve**

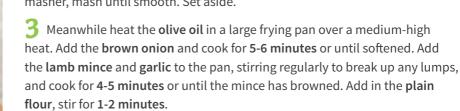
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Energy	1940	Kj	
Protein	33.4	g	
Fat, total	14.3	g	
-saturated	5.4	g	
Carbohydrate	45.5	g	
-sugars	20.8	g	
Sodium	341	mg	

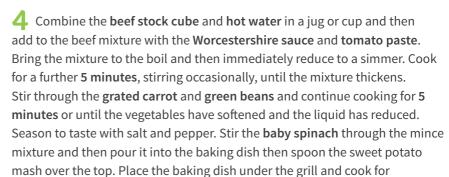


You will need: chef's knife, chopping board, garlic crusher, vegetable peeler, box grater, large pot, potato masher, large frying pan, cup, spoon and a baking dish.

Preheat the grill to 200°C/180°C fan-forced. Bring a large pot of salted water to the boil.







10-15 minutes or until the sweet potato browns slightly.To serve, divide the sweet potato shepherd's pie between plates.







**Did you know?** In Spain, Worcestershire sauce is referred to as salsa inglesa meaning English sauce.