

SHEPHERDS PIE

200g minced beef/lamb/pork/Quorn/soya
1 medium onion
4 medium potatoes
1 stock cube
1 small tin tomatoes
1 teaspoon tomato puree
25g margarine
15mls milk
1 teaspoon mixed herbs

1. Wash, dry and peel potatoes, cut into even size pieces and put in a pan of boiling water with $\frac{1}{2}$ teaspoon salt. Bring back to the boil and then simmer for 20 minutes
2. Whilst potatoes are cooking, peel and chop onion into small pieces
3. Put onion and mince into a frying pan and cook on a low heat until meat is browned stirring all the time
4. Add tomatoes and juice to the meat and cook for 5 minutes
5. Add tomato puree and mixed herbs, and crumble stock cube onto the meat and stir
6. IF THE MIXTURE IS RUNNY add 1 tablespoon flour and stir well until thickens. Cook for 3 more minutes
7. Place meat mixture into an ovenproof dish
8. Drain potatoes and mash well, add margarine and milk. Mix well
9. Spoon or pipe potato evenly across meat
10. Brown in oven or under grill

MODIFICATIONS - any of the following can be added

Grated carrot, baked beans, mushrooms, chillies, peppers, cheese
OR grated cheese on top