

## NO FUSS SHEPHERD'S PIE

This is Classic Comfort Food and a great after school meal!



- 1 tbsp sunflower oil
- 1 large onion, chopped
- 2-3 medium carrots, chopped
- 500g pack minced lamb (or beef if you prefer)
- 2 tbsp tomato purée
- large splash Worcestershire sauce
- 500ml beef stock
- 900g potatoes cut into chunks
- 85g butter
- 3 tbsp milk

### Method

Heat the oil in a medium saucepan, then soften the onion and carrots for a few minutes. When soft, turn up the heat, crumble in the lamb and brown, tipping off any excess fat. Add the tomato purée and Worcestershire sauce, then fry for a few minutes. Pour over the stock, bring to a simmer, then cover and cook for 40 minutes, uncovering halfway.

Meanwhile, heat the oven to 180C/ fan 160C/ gas 4, then make the mash. Boil the potatoes in salted water for 10-15 minutes until tender. Drain, then mash with the butter and milk.

Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. The pie can now be chilled and frozen for up to a month. Bake for 20-25 minutes until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr-1 hr 20 minutes until piping hot in the centre. Flash under the grill to brown, if you like.)

Leave to stand for 5 minutes before serving.