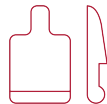




Shepherd's Pie



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 1 HOUR



SERVES: 4-6

Ingredients

Mince

- 1 tbsp olive oil
- 750g lamb mince
- 1 large onion, finely chopped
- 2 cloves garlic, chopped
- 2 medium carrots, finely diced
- 2 celery stalks, chopped
- 1 tbsp rosemary, chopped
- Salt and pepper
- ¼ cup tomato paste
- 2 tbsp Worcestershire sauce
- 1 cup beef stock
- ½ cup continental parsley, chopped

Topping

- 1kg potatoes, peeled and chopped
- Salt
- 2 tbsps butter

Method

Heat a large frying pan over a high heat, Induction level 8. Add the olive oil, then the lamb mince and fry until brown. Stir in the onion and garlic and continue cooking for a further 3 to 4 minutes. Add the carrots, celery and rosemary and season well with salt and pepper. Stir in the tomato paste, Worcestershire sauce and beef stock and reduce the temperature to medium/low, Induction level 4 and simmer, stirring occasionally for 10 to 15 minutes.

While the mince is simmering, place the potatoes and salt into a large saucepan & cover with water. Boil the potatoes until tender then drain and mash with the butter. Stir in the grated cheese.

Preheat the oven on CircoTherm® to 180°C and place the wire rack on shelf position 2. Stir the parsley into the meat mixture and transfer to a lightly greased ovenproof dish, approximately 23cm square. Carefully spoon the mashed potato on top. Cook for 25 to 30 minutes or until the potato topping is lightly golden.

1 cup tasty cheese, grated

Notes

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