



SHEPHERD'S PIE (SERVES 4)

INGREDIENTS

1 teaspoon oil (not provided)

1 onion (finely chopped)

500g beef mince

400g can diced tomatoes

400g can peas and carrots (drained)

2 teaspoons thyme

1 cup water (not provided)

4 large potatoes (chopped)

100g grated cheese

1 tablespoon margarine or butter (not provided)

1/3 cup milk (not provided)

Salt & pepper to taste (not provided)

UTENSILS

Large saucepan

Medium saucepan

Oven proof dish (medium to large)

Wooden spoon

Ladle

Chopping board

Knife

Teaspoon

Tablespoon

Potato masher

OPTIONS

To add extra serves of vegetables to your meal you could finely chop/grate and add the following;

- 1 zucchini
- 4-6 medium mushrooms
- ½ cup of red lentils

METHOD

1. Preheat oven to 200°C.
2. Heat oil in large saucepan. Add chopped onion and cook on medium heat for 4 to 5 minutes or until soft.
3. Add beef mince and cook until brown (this should take around 4 to 5 minutes).
4. Add tomatoes, peas, carrots, thyme and 1 cup of cold water to the mince and onion mix, stir to combine. Add any optional vegetables if desired, then simmer on medium heat for 10 to 15 minutes.
5. Cook potatoes in a medium saucepan of boiling water. Boil until tender and then mash with milk and butter or margarine (as per instructions).
6. Add the mixture to a lightly greased oven proof dish, top with mashed potato. Sprinkle with grated cheese and bake for 20 minutes or until golden brown.
7. Once cooked spoon in to bowls and serve

FOR MORE INFORMATION

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