

Shepherds Pie

1 tsp olive or canola oil
1 onion, finely chopped
2 cloves garlic, crushed
500g lean beef mince (or regular mince boiled and fat drained)
1 tsp mixed herbs
400g can of tomato pasta sauce
1 stick of celery
1 carrot, finely sliced
1 courgette, finely sliced

Topping

1 medium kumara
3 medium potatoes
1 large piece of pumpkin
¼ cup trim milk
1 tsp nutmeg
salt and pepper to taste
¼ cup of Edam cheese

Preheat oven to 180 C. Add oil to non-stick large fry pan, sauté onion and garlic for a few minutes until soft. Add mince and mixed herbs, stirring well to brown. Stir in pasta sauce, celery, carrot and courgette. If you wish, you can add other vegetables, such as frozen mixed vegetables or peas. Cover and simmer for 15 minutes. Spoon into medium sized ovenproof dish; top with potato mash and sprinkle with cheese. Bake for around 20 minutes until filling is bubbling and topping is golden brown. Serves 5 - 6

Topping:

Peel kumara, potatoes and pumpkin and boil until cooked; drain and mash using trim milk. Add nutmeg and seasonings to taste.

Health Habits:

- Using lean mince or boiling regular mince and draining fat
- Bulking out with lots of different vegetables – adds vitamins, minerals, antioxidants and fibre
- Having a variety of vegetables in the mashed topping – greater range of nutrients
- Making topping without butter – using herbs/spices and seasonings for flavour