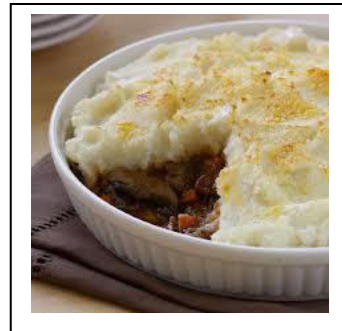


Shepherds Pie

Serves: 5

Ingredients

500g Lean Lamb Mince
2 Small Onions
3 Med Carrots
1 Chicken or Beef Stock Cube
1 Tin Chopped Tomatoes
3 Dashes of Worchester Sauce
Pinch of Thyme
Salt & Pepper



Topping – Pureed Cauliflower – see separate recipe

Directions

Dice onions and carrots and fry in a little oil on the pan. Add the mince and cook for 10 mins or until mince is cooked. Drain off excess fat, add garlic, chopped tomatoes and Worchester sauce. Add thyme and crumbled stock cube and cook for a further 10 mins. Add salt & pepper as required.

Transfer into ovenproof dish or ramekins' and top with pureed cauliflower (see separate recipe) and heat through in oven or under grill.

Carbs per serving = 13g incl Cauliflower

Tip: *Add more flavour by grating a little cheese over top and pop under grill to crisp!
Can be frozen in portions*