



 **19%**
HEALTH SCORE

Bridget Jones's Shepherd's Pie

READY IN



45 min.

SERVINGS



4

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 onion finely chopped
- 2 tablespoons olive oil
- 600 grams lamb minced
- 2 tablespoons flour plain
- 4 servings thyme leaves
- 4 servings rosemary
- 1 small canned tomatoes chopped canned tinned
- 100 milliliters lamb stock
- 4 servings pepper black freshly ground

- 700 grams potatoes
- 55 milliliters milk
- 75 grams butter
- 1 egg yolk free-range

Equipment

- bowl
- frying pan
- oven
- sieve
- spatula

Directions

- Preheat the oven to 180 C.
- In a large frying pan, heat a little olive oil and fry the chopped onion and garlic.
- Add the mince, stirring, until browned all over.
- While the meat is frying, break up any lumps with the back of the spoon.
- Add the flour (this helps to thicken the juices) and stir.
- Mix well and add the thyme and the rosemary and stir.
- Add the chopped tomatoes and pour the stock mixture.
- Add a pinch of salt and freshly ground black pepper and let it simmer for about 5 minutes.
- For the mash, boil the potatoes, then drain them in a sieve and place into a clean bowl.
- Add the milk, butter and egg yolk, and mash together.
- Season with salt and freshly ground black pepper.
- Pour the meat into an ovenproof dish and spread the mash on top, smooth over and mark with a spatula.
- Put the dish into the oven and cook until the surface is bubbling and golden-brown.

Nutrition Facts



■ PROTEIN 15.26% ■ FAT 65.22% ■ CARBS 19.52%

Properties

Glycemic Index:114.69, Glycemic Load:25.92, Inflammation Score:-9, Nutrition Score:26.693913043478%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg

Nutrients (% of daily need)

Calories: 817.02kcal (40.85%), Fat: 59.25g (91.16%), Saturated Fat: 26.67g (166.69%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 34.8g (12.66%), Sugar: 4.44g (4.93%), Cholesterol: 200.11mg (66.7%), Sodium: 264.81mg (11.51%), Protein: 31.2g (62.41%), Vitamin B12: 3.66µg (61.02%), Vitamin B3: 11.12mg (55.58%), Vitamin C: 40.23mg (48.76%), Selenium: 33.26µg (47.51%), Vitamin B6: 0.81mg (40.49%), Zinc: 5.94mg (39.63%), Phosphorus: 392.99mg (39.3%), Potassium: 1193.92mg (34.11%), Vitamin B2: 0.46mg (27.03%), Vitamin B1: 0.38mg (25.19%), Iron: 4.36mg (24.23%), Manganese: 0.43mg (21.4%), Magnesium: 82.42mg (20.6%), Fiber: 5.1g (20.4%), Folate: 80.25µg (20.06%), Copper: 0.38mg (18.94%), Vitamin B5: 1.79mg (17.91%), Vitamin K: 14.73µg (14.03%), Vitamin E: 1.9mg (12.67%), Vitamin A: 612.75IU (12.25%), Calcium: 91.89mg (9.19%), Vitamin D: 0.55µg (3.66%)