



No-fuss shepherd's pie



Gluten Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



763 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 large onion chopped
- ☐ 2 medium carrots chopped
- ☐ 500 g lamb
- ☐ 2 tbsp tomato purée
- ☐ 1 large worcestershire sauce
- ☐ 500 ml beef stock
- ☐ 900 g potatoes cut into chunks

- ☐ 85 g butter
- ☐ 3 tbsp milk

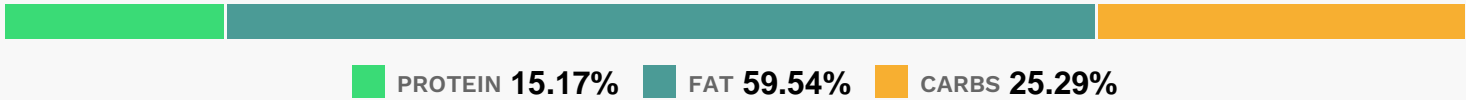
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ grill

Directions

- ☐ Heat 1 tbsp sunflower oil in a medium saucepan, then soften 1 chopped onion and 2–3 chopped carrots for a few mins.
- ☐ When soft, turn up the heat, crumble in 500g lamb mince and brown, tipping off any excess fat.
- ☐ Add 2 tbsp tomato pure and a large splash of Worcestershire sauce, then fry for a few mins.
- ☐ Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.
- ☐ Meanwhile, heat the oven to 180C/ fan 160C/ gas 4, then make the mash. Boil the 900g potato, cut into chunks, in salted water for 10–15 mins until tender.
- ☐ Drain, then mash with 85g butter and 3 tbsp milk.
- ☐ Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. The pie can now be chilled and frozen for up to a month.
- ☐ Bake for 20–25 mins until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr–1 hr 20 mins until piping hot in the centre. Flash under the grill to brown, if you like.)
- ☐ Leave to stand for 5 mins before serving.

Nutrition Facts



Properties

Glycemic Index:61.4, Glycemic Load:30.72, Inflammation Score:-10, Nutrition Score:32.073043579641%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg

Nutrients (% of daily need)

Calories: 763.02kcal (38.15%), Fat: 50.8g (78.15%), Saturated Fat: 24.34g (152.16%), Carbohydrates: 48.56g (16.19%), Net Carbohydrates: 41.96g (15.26%), Sugar: 6.44g (7.16%), Cholesterol: 138.29mg (46.1%), Sodium: 507.27mg (22.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.12g (58.24%), Vitamin A: 5690.84IU (113.82%), Vitamin C: 49.78mg (60.34%), Vitamin B3: 11.41mg (57.05%), Vitamin B6: 1mg (50.03%), Vitamin B12: 2.98µg (49.74%), Potassium: 1670.78mg (47.74%), Phosphorus: 405.17mg (40.52%), Selenium: 26.4µg (37.71%), Zinc: 5.36mg (35.75%), Vitamin B2: 0.51mg (29.83%), Vitamin B1: 0.41mg (27.08%), Fiber: 6.59g (26.37%), Magnesium: 97.93mg (24.48%), Iron: 4.36mg (24.25%), Copper: 0.48mg (24.23%), Manganese: 0.47mg (23.7%), Folate: 75.49µg (18.87%), Vitamin E: 2.59mg (17.25%), Vitamin B5: 1.71mg (17.08%), Vitamin K: 15.06µg (14.35%), Calcium: 96.48mg (9.65%), Vitamin D: 0.25µg (1.66%)