



Swede & potato rösti-topped shepherd's pie

 Gluten Free

READY IN



105 min.

SERVINGS



5

CALORIES



523 kcal

Ingredients

- ☐ 1 lb g/ 2oz swede peeled cut into large chunks
- ☐ 1 lb g/ 2oz floury potatoes whole peeled
- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 2 carrots chopped
- ☐ 9 oz g/ mushrooms quartered
- ☐ 1 lb g/ 2oz lamb mince
- ☐ 400 g canned tomatoes canned
- ☐ 2 tbsp tomato purée

☐ 2 oz g/ butter melted

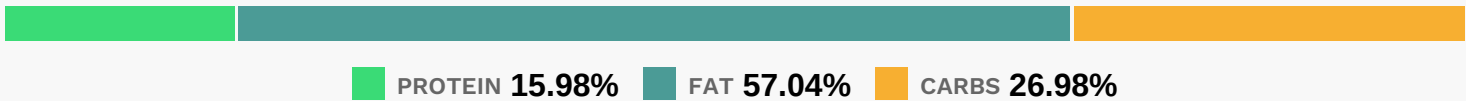
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook the swede and potatoes in a pan of boiling salted water for 10 mins until tender, then drain and set aside.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Heat the oil in a large frying pan over a low heat.
- ☐ Add the onion and carrots, and gently fry for 5 mins.
- ☐ Add the mushrooms, increase the heat to medium and cook for a further 5 mins. Tip the vegetables into a bowl.
- ☐ Add the mince to the frying pan and cook until browned.
- ☐ Pour away any excess fat.
- ☐ Add the vegetables (not the swede and potatoes), tomatoes and tomato pure, cover and simmer for 15 mins, topping up with a little water if the mince looks a bit dry.
- ☐ When the swede and potatoes are cool enough to handle, coarsely grate; then toss in the melted butter and season.
- ☐ Tip the mince mixture into a deep ovenproof dish, top with the grated swede and potatoes, then put in the oven and cook for 40 mins.

Nutrition Facts



Properties

Glycemic Index:69.92, Glycemic Load:18.97, Inflammation Score:-10, Nutrition Score:29.591739115508%

Flavonoids

Apigenin: 3.5mg, Apigenin: 3.5mg, Apigenin: 3.5mg, Apigenin: 3.5mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 1.95mg, Myricetin: 1.95mg, Myricetin: 1.95mg, Myricetin: 1.95mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 523.37kcal (26.17%), Fat: 33.95g (52.23%), Saturated Fat: 15.58g (97.4%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 28.85g (10.49%), Sugar: 11.69g (12.99%), Cholesterol: 90.61mg (30.2%), Sodium: 270.48mg (11.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.4g (42.79%), Vitamin A: 4568.35IU (91.37%), Vitamin C: 52.73mg (63.91%), Vitamin B3: 10.18mg (50.91%), Potassium: 1397.73mg (39.94%), Vitamin B6: 0.72mg (35.89%), Vitamin B12: 2.14µg (35.59%), Selenium: 23.48µg (33.54%), Phosphorus: 331.9mg (33.19%), Vitamin B2: 0.53mg (31.27%), Fiber: 7.29g (29.17%), Copper: 0.57mg (28.26%), Zinc: 4.18mg (27.9%), Manganese: 0.52mg (25.97%), Vitamin B1: 0.38mg (25.58%), Iron: 4.06mg (22.55%), Magnesium: 85.48mg (21.37%), Vitamin B5: 2.12mg (21.24%), Folate: 78.83µg (19.71%), Vitamin E: 2.43mg (16.17%), Vitamin K: 15.51µg (14.77%), Calcium: 110.15mg (11.02%), Vitamin D: 0.19µg (1.29%)