



## Shepherd's Pie



### Details

Serves: 4  
Preparation Time: Up to 30 minutes.  
Region: Western  
Gluten Free: Yes  
Vegetarian: No  
Dairy Free: Yes  
White Meat Only: No  
No Seafood: Yes

### Nutritional details per serve

Calories: 263  
**Fat:** 4.3  
Protein: 22.0  
Carbohydrates: 33.4  
Fibre: 6.1

### Instructions:

1. Dice onion, cut broccoli into florets, chop sweet potato drain chopped tomatoes.
2. Add onion and garlic to a non-stick pan and cook for 3 minutes
3. Add lamb mince to pan and cook until well-browned
4. Add broccoli and chopped tomatoes and cook for a further 5 minutes. Set Aside.
5. Place chopped sweet potato into a saucepan of boiling water and cook until tender.
6. Drain and mash well.
7. Add mince mixture to a baking dish and coat sweet potato on top
8. Cook in oven at 180 degrees for 10 minutes until bubbling
9. Serve immediately.

### CHEF'S SUGGESTIONS

Serve with a fresh side salad. You may also use beef, pork, chicken or turkey mince instead of lamb

Quantity	Ingredients
3	sweet potato (approx. 150g each)
320 g	lamb, mince (trim lamb leg cuts) raw
2 tsp	garlic, minced
4	brown onions, small (approx. 60g each)
400 g	tinned tomatoes, chopped
400 g	broccoli, fresh, uncooked