

Shepherd's Pie (serves 4)

Ingredients

- 1 red onion
- 2 carrots
- 2 sticks of celery
- 2 cloves of garlic
- a small bunch of fresh rosemary
- olive oil
- 500g good-quality minced lamb
- 1 x 400g tin of chopped tomatoes
- 250ml lamb or vegetable stock, preferably organic
- sea salt and freshly ground black pepper
- 900g Desiree potatoes
- 100ml semi-skimmed milk
- a large knob of butter

Method

1. Fry onion and garlic in oil for 5 minutes until soft.
2. Add the mince and continue cooking for 5 minutes or until the meat is browned.
3. Add the tomatoes, stock, carrots, celery, rosemary, salt and pepper to the mince.
4. Bring the mixture to the boil, reduce the heat and simmer gently for 30 minutes or until reduced, stirring occasionally.
5. Meanwhile, peel, cut and cook the potatoes in a saucepan of boiling salted water for 20 minutes until just soft.
6. Drain and mash the potatoes, adding milk and butter.
7. Pour the mince into a dish and spread the mashed potato over the top.
8. Cook for 20 - 25 minutes.