

Shepherd's Pie

Linda McCartney

Feeds 4-6

Ingredients

1 ½ lb (750g) potatoes, peeled and cubed (to boil)
3 oz (75g) butter/margarine (optional)
1 – 2 tbs skimmed milk or soya milk
sea salt and freshly ground pepper to taste
1 large onion, chopped finely
2 carrots, sliced cubed small
8 oz (250g) vegetarian mince
2 tbs soy sauce
½ pint (300ml) vegetable stock
large pinch of garam masala (optional)
100grms mature cheddar cheese, grated (optional)

Method

This is a great comforting dish. You can add other chopped vegetables to the mixture, such as broccoli, courgettes or leeks, and vary the dish each time you make it.

Cook the potatoes in boiling water for 20 minutes or until quite soft, then drain well and mash them with 2 oz (50g) of the margarine and enough skimmed or soya milk to make a firm but smooth consistency. Season to taste.

Melt the remaining butter/margarine in a frying pan and add the onions and carrots. Sautee gently for about 10 minutes until soft, stirring occasionally. Add the vegetarian mince, soy sauce and vegetable stock. Bring to the boil and simmer gently, uncovered, for 8-10 minutes. Season to taste with salt and pepper and add garam masala if required.

Spoon the mince mixture into a baking dish and cover with layer of mashed potatoes and sprinkle the cheese on top. Bake at 200 degrees Celcius/400 Fahrenheit /gas mark 6 for 30 minutes or until the potato topping is well browned.

