



# Ultimate Cheesy Lamb Shepherd's Pie with Creamy Mash and Butter Glazed Vichy Style Veg

35

Ultimate 40-45 Minutes • 4 of your 5 a day



Potatoes



Garlic Clove



Lamb Mince



Tomato Passata



Dried Rosemary



Red Wine Jus Paste



Mature Cheddar Cheese



Carrot



Soured Cream



Peas

**Pantry Items**  
Oil, Salt, Pepper, Sugar, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, frying pan, grater, colander, ovenproof dish and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Lamb Mince**	200g	300g	400g
Tomato Passata	1 carton	1½ cartons	2 cartons
Dried Rosemary	1 sachet	1 sachet	2 sachets
Red Wine Jus Paste (10) 14)	15g	22g	30g
Mature Cheddar Cheese** 7)	30g	40g	60g
Carrot**	3	4	6
Soured Cream** 7)	75g	120g	150g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	120ml	150ml
Butter*	15g	20g	30g
Sugar for the Carrots*	½ tsp	½ tsp	1 tsp
Water for the Carrots*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	729g	100g
Energy (kJ/kcal)	3012 / 720	413 / 99
Fat (g)	34.0	4.7
Sat. Fat (g)	18.1	2.5
Carbohydrate (g)	73.0	10.0
Sugars (g)	24.8	3.4
Protein (g)	36.3	5.0
Salt (g)	2.19	0.3

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Bring a large saucepan of **water** with **½ tsp salt** to the boil.

Peel and chop the **potatoes** into 2cm chunks.

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



## Assemble your Pie

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add the **soured cream** and mash until smooth.  
Season with **salt** and **pepper**.

Once thickened, transfer the **lamb mixture** to an appropriately sized ovenproof dish. Spoon over the **creamy mash**, using the back of a spoon to evenly smooth it out.

Sprinkle over the **cheese**, then bake on the top shelf of your oven until the top starts to brown, 10-15 mins.



## Fry the Mince

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **lamb mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT: Wash your hands and equipment after handling raw mince.**



## Glaze the Veg

While the **pie** bakes, wipe out the **mince** frying pan and pop it back on medium heat.

Melt in the **butter** (see pantry for amount) and add the remaining **garlic**, **sugar** and **water for the carrots** (see pantry for both amounts). Add the **carrots** to the pan, then bring to a boil.

Once boiling, cover with a lid or foil, then lower the heat and simmer for 10-12 mins.

Remove the lid, then add the **peas** and cook until the liquid has evaporated and the **veg** is glazed, 3-4 mins. Stir occasionally.



## Add the Flavour

Once browned, stir **half** the **garlic** into the **mince** and cook until fragrant, 30 secs.

Stir in the **passata**, **dried rosemary**, **red wine jus paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then reduce the heat and simmer, stirring occasionally, until thickened, 10-12 mins.

Taste and season with **salt** and **pepper** if needed, then remove from the heat. **IMPORTANT: The mince is cooked when no longer pink in the middle.**

Meanwhile, grate the **cheese**. Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



## Finish and Serve

When everything's piping hot, serve up your **ultimate cheesy shepherd's pie** on your plates with the **butter glazed veg** alongside.

Enjoy!