

Spicy Shepherd's Pie

Ingredients

Click the image below for a [video guide](#).



- 1 tsp oil
- 400g mince (plant based or lean)
 - 1 onion, finely chopped
 - 2 carrots, diced
 - 200g frozen veg
 - 2 tsp garam masala
 - 2 tsp turmeric
 - 200ml beef/lamb stock
 - 500g potatoes, diced

Method

1. Heat the oil in a pan and add the onion and mince.
2. In a separate pan start to boil your potatoes.
3. Meanwhile continue frying your onions and mince until the onions soften. Add 1 tsp garam masala and 1 tsp turmeric and stir before adding in your carrots and frozen veg. Gradually begin adding in your stock. Allow this to simmer until your potatoes are ready.
4. When your potatoes have softened, drain and return to the pan. Sprinkle over the remaining turmeric and garam masala (to taste) lightly mash but don't completely break the potatoes up.
5. Transfer the mince to an oven proof dish and spread well. Top the mince with the potato mix. Bake for 30 minutes. Potatoes should be golden in colour.

The Finer Details

Per Portion
390 Calories
24g Protein
21g Carbs
23g Fat
