

# Our Favourite Shepherd's Pie Recipe

## Ingredients:

- 1 tablespoon olive oil
- 1 brown onion
- 1 carrot peeled, finely chopped
- 500g beef mince
- 2 tablespoons plain flour
- 2 cups beef stock
- 1 dried bay leaf
- 1 tablespoon Worcestershire sauce
- 1 table spoon tomato paste
- Salt and pepper
- 4 (200g each) desiree potatoes, peeled, chopped
- 40g butter
- ½ cup milk
- Melted butter to brush

## Method:

1. Heat oil in saucepan over a medium-high heat. Add onion, carrot, and celery and cook, stirring for 5 minutes until soft. Add mince and cook, stirring to break up any lumps for 5 minutes.
2. Add flour and cook (you may need to add more if you don't think it is thick enough), stirring, for 2 minutes or until combined. Add stock, bay leaf, Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to low and cook, stirring occasionally for 30 minutes or until sauce thickens. Taste and season with salt and pepper.
3. Meanwhile: cook potato in a saucepan of salted water for 15 minutes or until tender. Drain well. Return to pan, add the butter. Use potato masher or fork to mash until smooth. Add milk and use a wooden spoon to stir until combined. Season with salt and pepper.
4. Preheat oven to 200 degrees. Spoon mince mixture into a 2L (8 cup) oven proof baking dish. Top with potato mix and use fork to spread over mince. Brush with butter. Bake for 20 minutes.

## NOTE:

The first time I made this was when I was getting to the final weeks of my pregnancy and doing some batch cooking for when baby arrived. I cooked up the ingredients the night before, put them in separate containers and refrigerated them. The next day I put the mince in the baking tray and the potato on top. This helped set it better once cooked, making serving a lot easier- holding the pieces together better.

By Clare at **Relaxed Parenting**

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