SHEPHERD'S PIE

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SHEPHERD'S PIE

INGREDIENTS

- 2 lb potato, peeled and cubed
- 10 oz butternut squash, peeled and cubed
- 1 tsp salt, for cooking potatoes and squash
- 1 cup low-fat milk
- ½ cup grated cheese

Meat and Lentil Sauce:

- 8 oz minced meat, 80% lean
- ½ cup cooked lentils
- ¾ cup tomato sauce, low sodium
- ½ cup onions, chopped
- 1 tbsp garlic, chopped
- ¼ cup chives, chopped
- 1 tsp paprika
- ½ cup celery, chopped
- 1 cup carrots, grated
- 1 tsp thyme, dried
- 1 tsp oregano, dried
- 0.5 tsp rosemary, dried
- ¼ tsp black pepper

Nutrition Information

Serving Size: 4.7 oz (1/2 cup)

Calories: 124; Total Fat: 4g; Saturated Fat: 1.8g; Cholesterol: 13mg; Sodium: 175mg; Carbohydrate: 17g; Fiber: 3g; Sugar: 3g; Protein: 6g.

Recipe yields 18 servings in total.
The average adult may have 2 servings per meal or 1 cup.
NB: Individual needs may be higher or lower.

METHOD

1. Cook potatoes and squash in salted water until tender.
2. Drain the potatoes and butternut squash. Mash and gradually mix in the milk until smooth. Set aside.
3. Pre-heat oven to 350°F/180°C. Coat 13 x 9-inch baking dish with cooking spray and set aside.
4. To prepare the meat and lentil sauce, start by cooking the minced meat until browned.
5. Add lentils, tomato sauce and remaining sauce ingredients.
6. Stir well and cook until the vegetables are soft and tender.
7. Spread half the potato and squash mixture evenly into the baking dish. Spoon the meat and lentil mixture evenly on top. Cover this, with the remaining potato and squash mixture.
8. Evenly sprinkle the cheese over the top.
9. Bake at 350°F/180°C for 25-30 minutes. Serve hot.