



SAVILE PARK'S SPICY SHEPHERD'S PIE

Meat main dish: This recipe provides a portion of starchy food and a portion of meat. It counts towards the standards to provide a portion of starchy foods and a portion of meat, fish or non-dairy sources of protein each day.

Recipe adapted from: Eden Foodservice dish created, developed and evaluated by pupils)

Ingredients

1.25kg potatoes, peeled and cubed
 5g (1¼tsp) turmeric
 500g lamb mince
 100g onions, peeled and diced
 100g carrots, peeled and diced
 5g (1¼tsp) garam masala
 2g (1tsp) mild chilli powder
 5g (1¼tsp) ground cumin
 2g (1 tsp) black pepper
 100g red lentils
 500ml water
 25g tomato purée
 50g Peas, fresh or frozen
 25g cornflour
 75g reduced-fat mild Cheddar cheese

Method

1. Preheat the oven 190°C.
2. Boil the potatoes, drain well, return to the pan, mash and stir in turmeric.
3. Brown the lamb mince, onions and carrots for approximately 8 minutes.
4. Add garam masala, chilli, cumin and black pepper to the mince and cook for further 2 minutes.
5. Rinse the red lentils and add to the pan, add enough water to cover, bring to simmer and cook for approximately 30 minutes or until lentils are soft.
6. Add the tomato purée and peas cook for further 10 - 15 minutes.
7. Mix the cornflour and water to a paste and add to the mince mixture to thicken.
8. Put the mince into a lightly greased tin and top with the turmeric mashed potatoes.
9. Decorate the top with a fork and sprinkle over the grated cheese and bake for 35-45 minutes until golden brown.

Serving suggestion: with seasonal vegetables.



Number of portions this recipe makes:

9 primary servings (315g)
 6 secondary servings (470g)



Prep: 20 minutes
Cook: 45 minutes



Allergy information:

Celery, milk



Top Tips

Adjust the amount of spice in this dish to suit taste preferences.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: oils based on unsaturated fats and choose hard yellow cheese which has a maximum total fat content of 25g/100g.