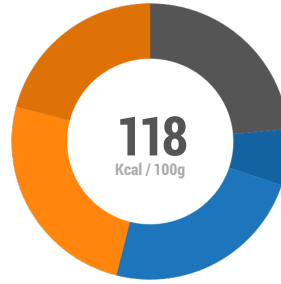


Classic Shepherds pie with roasted parsnip

Overview ...

U / 9167105



CALORIES:

30.4% Carbs

23.6% Protein

46.1% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



MILK



CELERY



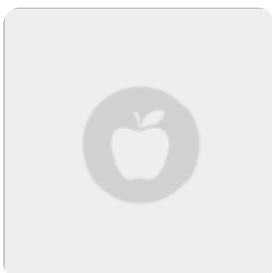
SOYA

Recipe Ingredients ...

	Quantity:	Description:
107509 - 107509 British Red Tractor 20% Fat Lamb Mince.. - BRAKES	120g	0.12x Each
450072 Onions..	30g	
450694 - 450694 Carrots.. - BRAKES	30g	0.02x Each
10343 - 10343 Parsnips.. - BRAKES	50g	0.01x Each
10718 - 10718 Brakes Demi Glace Sauce (24 May 2023).. - BRAKES	40g	0.04x Each
113877 - 113877 Rosemary.. - BRAKES	5g	0.05x Each
113881 - 113881 Herb Bunched Flat Leaf Parsley.. - BRAKES	5g	0.05x Each
3945 Brakes Mashed Potato (24 May 2023)..	120g	
134544 - 134544 Kuhne Crispy Fried Onions.. - BRAKES	5g	0.01x Each

Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **405g** / **491kcal**

1

Preparation:

Dice the carrots

Dice the onions

Chop parsley

Chop rosemary

Defrost the mash

Method:

1. Pre-roast the parsnip whole - allow to cool, trim and cut in half.
2. Prepare some parsnip crisps by peeling a raw parsnip and then cooking in a deep fat fryer at 180oC until golden.
3. Crush the parsnip crisps together with the crispy onions and place to one side.
4. In a pan over a medium heat cook the onions and carrots in a little oil until soft, add the lamb and brown well.
5. Add the parsley and rosemary, mix well - add the demi glace, reduce the heat and cook gently for about 20mins.
6. Place the roasted parsnip half in a pan on a medium heat, caramelize all over and then keep warm until plating up.
7. Spoon the lamb mixture into a suitable dish and top with the mash - transfer to an oven at 180oC for 10-15 mins until golden.
8. Top half the pie with the crushed onions and parsnip and then place the roasted parsnip on top of the pie - serve!