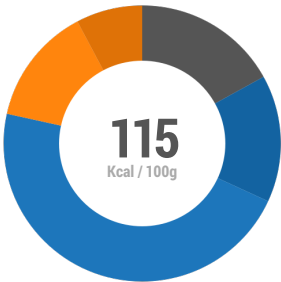


Shepherds Pie with Slow Cooked Lamb Shoulder and a Sweet Potato Mash

A modern twist on a Shepherds pie, slow cooked lamb shoulder in a rich gravy infused with rosemary & mint, then finished with a sweet potato mash



CALORIES:
61.5% Carbs
17% Protein
21.5% Fat

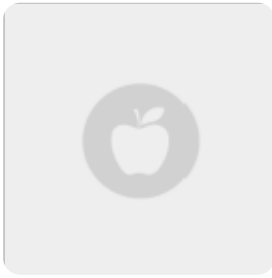
CONTAINS:


WHEAT


CELERY

Recipe Ingredients ...	Quantity:	Description:
71290 British Red Tractor Lamb Shoulder Diced..	100g	0.04x Each
350091 Brakes Plain Flour (22 Jul 2023)..	10g	0x Each
115043 - 115043 Maggi Rich & Rustic Tomato Sauce 800g.. - BRAKES	75g	0.09x Each
10291 - 10291 Large Onions 2.5kg.. - BRAKES	30g	0.01x Each
450694 - 450694 Carrots.. - BRAKES	30g	0.02x Each
10228 Celery..	30g	0.06x Each
113877 - 113877 Rosemary.. - BRAKES	5g	0.05x Each
86805 - 86805 Brakes Mint Sauce.. - BRAKES	5ml	0x Each
113881 Herb Bunched Flat Leaf Parsley..	10g	
10473 - 10473 Spring Onions Bunch.. - BRAKES	20g	0.2x Each
10449 - 10449 Sweet Potatoes.. - BRAKES	200g	0.2x Each
29603 - 29603 Brakes Demi Glace Sauce Mix.. - BRAKES	50g	0.03x Each

1 Serving



 **Product code**

 **Barcode**

 **565g** / **668kcal**

1

Cooking Instructions & Notes

Preparation:

Dice the carrots, onion, celery

Finely chop the rosemary

Slice the spring onion

Make up the demi glace as per pack guidelines

Method:

1. Place the sweet potato into an oven at 180oC for 20 mins or until soft.
2. Lightly dust the lamb in a little of the flour.
3. In a pan over a medium heat seal the lamb in a little oil.
4. Remove the lamb from the pan, add in all the vegetables and caramelise slightly - add in the rosemary.
5. Next add in the remaining flour and mix into the vegetables, cook on a gentle heat for about 30secs.
6. Add the tomato sauce and cook for a further minute.
7. Now add the lamb back in along with the mint sauce - mix well.
8. Pour in the demi glace and bring to a gentle boil - remove from the heat
9. Cover the pan with foil or a lid and put into an oven at 150oC and cook for 2 hours or until the lamb is tender
10. Remove the flesh from the sweet potatoes and stir in the spring onions.
11. Place half the potato mash into the bottom of a suitable dish and spoon on the lamb mix.
12. Top with the remaining sweet potato mash and place back into an oven at 180oC to colour.
13. Remove from the oven and serve!