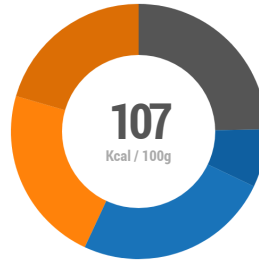


Classic Shepherd's pie with roasted parsnip

OVERVIEW ...



CALORIES:

32.2% Carbs

24.7% Protein

43.1% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

107509 British Red Tractor 20% Fat Lamb Mince.. - BRAKES

107509 LAMB

120g

0.12x Each

unchanged

450072 Onions..

ONIONS

30g

unchanged

450694 Carrots..

CARROTS

30g

0.02x Each

unchanged

10343 Parsnips..

PARSNIPS

50g

0.01x Each

unchanged

10718 Brakes Demi Glace Sauce.. - BRAKES

10718 DEMI GLACE SAUCE

40g

0.04x Each

N/A

113877 Rosemary..

ROSEMARY

5g

0.05x Each

N/A

113881 Herb Bunched Flat Leaf Parsley..

PARSLEY FRESH DIRECT

5g

0.05x Each

N/A

134544 Kuhne Crispy Fried Onions.. - BRAKES

134544 FRIED ONIONS

BRAKES

5g

0.01x Each

N/A

149709 Sysco Classic Mashed Potato.. - BRAKES

149709 MASH POTATO

BRAKES

120g

0.12 x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



405g / 447kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

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, caramelise 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!