



Spicy Shepherd's Pie

Serves: 6

Preparation time: 10 minutes

Cooking time: 50 minutes

Ingredients:

500g lean lamb mince
1 clove chopped garlic
1 medium onion thinly sliced
¼ tsp chilli powder
3 cardamoms
2 carrots diced
½ tsp ground coriander
2 tbsp frozen peas
½ tsp ground cumin
1 tbsp sunflower oil
400g tinned tomatoes
1 tbsp tomato puree
150ml stock, made from ½ vegetable stock cube & boiling water
Black pepper
100ml milk
750g/2lb potatoes peeled and chopped into 1 inch cubes
75g grated cheddar cheese

Things you will need

Chopping board and knife
1 large pan
1 large frying pan
Mixing spoon
Potato masher
Medium sized deep baking dish (20cm diameter)



Why not pick up your veg from Surrey Street Market!

Method

1. Preheat oven to 200°C/400°F/Gas mark 6
2. In a large saucepan, boil the potatoes for 20 minutes until cooked
3. Meanwhile, heat the oil in a large frying pan and brown the sliced onions and garlic
4. Add the chilli, coriander, cumin and cardamoms and fry for a minute then add the lamb mince and fry until brown
5. Add the carrots, peas, tinned tomatoes, tomato puree and stock
6. Bring the mixture to the boil and simmer for 15 minutes then transfer to an ovenproof dish
7. Drain the cooked potatoes and mash with the pepper and milk until smooth
8. Layer the mashed potatoes onto the meat mix, sprinkle on the cheese and bake in the oven for 20 minutes until golden brown



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