

# Miniscoff recipe guide

## Simple Shepherd's Pie

Serves a hungry family of 6

Try to source the best ingredients you can - it makes all the difference!

If you can't find organic, then try for local or British.

750g	minced British lamb
800g	chopped Italian tomatoes (tinned)
2	medium onions, chopped
1	red pepper, diced
100g	dried apricots, chopped
2	cloves garlic
1 tbsp	tomato puree
10g	Marigold organic vegetable bouillon (add to 250mls water)
1 tbsp	dried Marjoram
2 tsp	mild curry powder
pinch	ground cinnamon
1 tsp	Kitchen Garden minced organic coriander
3	courgettes, chopped and blanched (optional)

### Mash Potato Topping

800g	mashing potatoes (Desirée we find are the best) butter and milk
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In a large heavy pan brown the mince. Once nicely browned, add chopped onion, garlic and peppers and heat until vegetables start to soften. Add tomato puree, curry powder, and cinnamon and cook for 2 minutes. Stir in the tomatoes; bring to the boil; add apricots and vegetable bouillon; turn down the heat and simmer for 45 minutes. Just before assembling the pie, stir in the coriander.

For the topping, cook potatoes until soft and mashable. Drain, mash and stir in the required amount of butter and milk.

To assemble: spoon the meat into an oven proof baking dish, layer the blanched courgettes over the meat then pile the mashed potatoes on top. Place in a pre-heated oven at 200 degrees for 20-25 minutes or until the topping is golden brown.

Serve with some seasonal veg and let the troops tuck in!



organic food for children

**no rockets, no scientists!**

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