



SHEPHERD'S PIE

INGREDIENTS

1kg Maleny Black Angus Beef mince

Olive oil

1 brown onion, diced finely

2 cloves garlic, crushed

2 cups of Maleny Black Angus Beef bone broth or beef stock

1 large carrot, diced

1 spring onion sliced finely

1 cup peas

1 heaped dessert spoon of tomato paste

1 tbsp Worcestershire sauce

Salt and pepper

MASHED POTATO INGREDIENTS

300g potatoes

20g butter

20mls cream

1 tsp seeded mustard

METHOD

1. Sautee onions with a little oil.
2. Add Maleny Black Angus Beef mince and stir until browned.
3. Next add the garlic followed by the diced carrots, spring onion and tomato paste.
4. Stir in the Maleny Black Angus Beef bone broth (or beef stock if using) and season with salt and pepper.
5. Simmer until the liquid reduces.

FOR THE MASH

Boil potatoes until soft. Strain water away, add butter, cream and mustard during the mashing process.

TO ASSEMBLE PIE

Place Maleny Black Angus Beef mince mix into a baking tray. Spoon or pipe on mashed potato. Sprinkle parmesan cheese (optional) over the top.

Bake in a moderate oven (180C) for 20 minutes.

Serve with steamed greens and carrots or any vegetables of your choice.

