

Beef Shepherd's Pie

Challenge sent in by Barry

Serves: 1

Prep time: 10 Minutes

Cooking time: 40-45 Minutes

Ingredients:

- 1 tablespoon oil
- ½ teaspoon minced garlic
- ¼ onion, finely chopped
- ½ cup of frozen mixed vegetables
- 1 teaspoon Italian herbs
- 200g minced beef
- 1 tablespoon plain flour
- 1 teaspoon tomato paste
- 1 teaspoon *Bonox or beef stock cube in ¼ cup water
- 2 tablespoons of red wine
- ¼ cup tomato puree or passata
- 1 teaspoon Worcestershire sauce
- salt and pepper
- 1 medium tomato, sliced
- ¼ cup grated cheese
- 1½ - 2 cups mashed potato

Method:

- Cook your mashed potatoes ready for assembling
- **Preheat oven to 180°C**
- Heat oil in a frying pan over med-high heat. Add onion and garlic, cook for one minute. Add Italian herbs, stir and cook for another minute
- Increase the heat up to high and add the mince, stir to separate and brown evenly
- Sprinkle the flour over the meat and mix to combine
- Add tomato paste, tomato puree, Bonox liquid, red wine and Worcestershire sauce, stir
- Bring to boil, turn the heat down and simmer for 10-15 minutes, stirring every 5 minutes, until thickens
- Add frozen vegetables and stir, season to taste. Remove from heat
- Assemble by placing the cooked meat and vegetables into a small casserole dish, top with mashed potatoes, sliced tomato in the oven for 10-15 minutes or until golden in colour. Rest for 5 minutes

Serve and Enjoy!

Note: Bonox is liquid beef extract and sold in supermarkets



Thank you Barry, this is an old fashioned comfort food and a great one for the budget. One his wife used to make