

Shepherds pie with parsnip topping

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 Prep Time ~ 35 mins	 Cooking Time ~ 70 mins
 Approx Cost ~ £10	 Difficulty ~ Easy
 Freeze ~ Yes	 Serves ~ 6

Tip ~ This is a modern twist on a great British dish, just add a green vegetable to serve.

Ingredients

1 tbsp olive oil
1 large onion, finely chopped
2 garlic cloves, chopped
900g / 2lb lean minced beef
1 tbsp plain flour
300ml / 10floz hot beef stock
1 tsp horseradish sauce
1 tbsp tomato puree
1 tbsp Worcestershire sauce
1 tbsp chopped fresh parsley
Salt and pepper

For the topping

800g/ 1lb 12oz parsnips, peeled and chopped
800g / 1lb 12oz potatoes, peeled and chopped
2 tbsp olive oil
25g / 1oz butter
150ml / 5floz soured cream
Grated nutmeg

Method

- Heat oil in a large pan, add onion and garlic and fry gently for about 10 minutes. Increase the heat and add the mince. Brown it all over, stirring to break it up, for about 5 minutes.
- Sprinkle over the flour, stir then add the stock.
- Bring to the boil and stir in the horseradish, tomato puree, Worcestershire sauce, parsley and seasoning. Cover and cook for 15 minutes.
- Meanwhile, prepare the topping: cook the parsnips and potatoes in salted boiling water until tender, drain well. Mash with the oil, butter, soured cream and nutmeg. Add seasoning to taste.
- Tip the mince into a large shallow ovenproof dish, then top with the parsnip mixture. Fork up the top. Either cook the pie at once or cool then chill and cook later.
- Cook in an oven preheated to 180C, Gas Mark 4 for about 35 minutes or until the top is golden brown and meat is piping hot.