

HEINZ

RECIPE

Spiced shepherd's pie



Serves:

4



Preparation Time:

25 minutes



Cooking Time:

1 hour 15 minutes



Ingredients:

Filling:

- 415g (13½oz) can **Heinz Banz**
- 1 tbsp light olive oil
- 1 onion, chopped
- 1 small carrot, chopped
- 1 green chilli, deseeded and chopped
- 2 tps curry powder
- 2 tps black mustard seeds
- 500g (1lb) minced lamb
- 2 tps mango chutney
- 100 ml (3½ fl oz) meat stock

Topping:

- 1kg (2lb) potatoes cut into quarters
- 50g (2oz) butter
- 25g (1oz) cheddar cheese, grated
- 1 green chilli, finely sliced
- 1 tsp black mustard seeds
- Salt and pepper

Method:

Heat the oil in an ovenproof frying pan. Add the onion, carrot, chilli, curry powder and mustard seeds and cook over medium heat for 5 minutes. Turn the heat to high and add the lamb. Fry, stirring, for 5 minutes until the meat is browned all over. Stir in the chutney, Heinz Banz and stock. Continue to cook for 5 minutes until the sauce has thickened. Leave to one side to cool slightly.

Make the topping. Cook the potatoes in salted boiling water for 25 minutes until soft. Drain well and mash with the butter. Season with salt and pepper and spoon the mashed potato over the lamb. Sprinkle the cheese, chilli and mustard seeds over the potato and bake in a preheated oven, 200°C (400°F), Gas Mark 6, for 30-35 minutes until the pie is golden on top and the filling is bubbling around the sides.