

## Mini sheperd's pies

Makes 4

**2 large potatoes, peeled and chopped**

**1/2 cup milk**

**1tsp olive oil**

**450g lean beef mince**

**1 small onion, finely chopped**

**1 medium carrot, grated**

**1/2 cup water**

**1tbsp tomato purée**

**1tsp soy sauce**

**1tsp Worcestershire sauce**

**1/2 small chicken stock cube, crumbled**

**1tbsp flour**

**2tbsp water, extra**

**100g cheese, grated**

**1** Put the potatoes on to boil until soft.

Drain and mash the potatoes and mix in the milk until smooth. Set aside and keep warm.

**2** In the meantime heat the oil in a pan, stir in the mince, onion and carrot and stir until the mince is browned all over.

**3** Stir in the water, tomato purée, sauces and stock cube. Bring to the boil and simmer uncovered for 5 minutes.

**4** Blend the flour into the 2tbsp of extra water and stir the mixture into the mince. Boil until the mixture boils and thickens.

**5** Spoon into 4 small ramekins and top with mashed potatoes. Sprinkle the grated cheese over the top and bake in a moderate oven for about 20 minutes until the topping is lightly browned.

Fat	21g	Carbs	26g	Energy	385kcal
Protein	25g	Sodium	.3g	Fibre	2g

