













Lamb Shepherd's Pie

with Cheesy Mashed Potato and Green Beans

Calorie Smart 40-45 Minutes • 1 of your 5 a day • Under 650 Calories

27



-  Potatoes
-  Carrot
-  Garlic Clove
-  Lamb Mince
-  Dried Oregano
-  Tomato Passata
-  Red Wine Stock Paste
-  Green Beans
-  Greek Style Salad Cheese
-  Mature Cheddar Cheese

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan, grater, colander, ovenproof dish, lid and aluminium foil.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Carrot**	½	1	1
Garlic Clove**	1	1	2
Lamb Mince**	200g	300g	400g
Dried Oregano	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste (14)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Green Beans**	150g	200g	300g
Greek Style Salad Cheese** (7)	50g	100g	100g
Mature Cheddar Cheese** (7)	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	582g	100g
Energy (kJ/kcal)	2426/580	417/100
Fat (g)	24.7	4.3
Sat. Fat (g)	13.7	2.4
Carbohydrate (g)	57.6	9.9
Sugars (g)	12.4	2.1
Protein (g)	34.3	5.9
Salt (g)	3.29	0.57

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Get Prepped

Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **potatoes**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Trim the **carrot** (no need to peel), then coarsely grate.

Peel and grate the **garlic** (or use a garlic press).



Make the Mash

Meanwhile, preheat your grill to high.

Trim the **green beans**. Crumble the **Greek style salad cheese**. Grate the **Cheddar**.

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add **three quarters** of the **crumbled Greek style salad cheese** and a splash of **milk** (if you have any).

Season with **pepper**, then mash together.



Fry the Lamb

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, heat a large frying pan on medium-high heat (no oil).

When hot, add the **lamb mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

IMPORTANT: Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Time to Grill

Pour the **lamb mixture** into an ovenproof dish. Spread the **cheesy mash** on top in an even layer, using the back of a spoon to smooth it out.

Scatter over the **Cheddar** and remaining **Greek style salad cheese**. Grill until the top is bubbling and golden, 5-6 mins.

Once cooked, remove from your grill and leave for stand for a couple of mins.



Cook the Sauce

Stir the **garlic** and **carrot** into the **lamb mince**, then add the **dried oregano** and cook for 2-3 mins.

Pour in the **passata**, **red wine stock paste** and **water for the sauce** (see ingredients for amount), then bring to the boil, stirring to combine.

Reduce the heat to medium and simmer until thickened, 4-5 mins.



Finish and Serve

While the **pie** grills, wipe out the (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Add a splash of **water**, then immediately cover with a lid or some foil.

Cook until the **beans** are tender, 4-5 mins. Remove from the heat and season with **salt** and **pepper**.

Serve the **shepherd's pie** with the **beans** alongside.

Enjoy!

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