



SPICED SHEPHERD'S PIE

-  **Prep: 20 minutes**
-  **Cook: 30 minutes**
-  **Serves: 4**

INGREDIENTS:

- 450g pack minced lamb
- 1 large onion, chopped
- 1 large carrot, diced
- 1 tsp **LoSalt**
- 1 tsp mild chilli powder
- 1 tsp ground cumin
- 1 tbsp plain flour
- 800g King Edward potatoes, cut into ½ cm slices
- 15g unsalted butter, melted (optional)
- 1 red chilli, finely chopped
- 1 tbsp chopped parsley

METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Fry the mince, onion and carrot in a large saucepan for 4-5 minutes to brown. Stir in half the **LoSalt**, chilli powder, cumin and flour and cook for 1 minute. Season with black pepper. Add 300ml water and simmer gently for 10 minutes.
3. Meanwhile, put the potatoes in a saucepan and cover with cold water, bring to the boil and simmer for 4-5 minutes until just cooked. Drain carefully.
4. Transfer the mince to an ovenproof serving dish, top with the potato slices and brush with melted butter, if using. Sprinkle with remaining ½ tsp **LoSalt**, chopped chilli and parsley and bake for about 30 minutes or until golden.

Each serving contains



of your guideline daily amount