

# Kids Love Mince.



And being high in iron,  
it loves them too.

# Shepherd's Pie

**Preparation Time:** 15-20 minutes

**Cooking Time:** 15 minutes

**Serves:** 4-6

500g Quality Mark beef or lamb mince  
1 Tbsp oil  
1 x 420g jar pasta sauce  
1 stick celery, finely chopped  
100g mushrooms, sliced  
1 carrot, finely chopped  
1 courgette, finely chopped  
2 cups mashed potato



Heat oil in a pan and brown the mince. Drain off excess liquid. Stir in the pasta sauce, celery, mushrooms, carrot and courgette. Cover and simmer gently for 15 minutes. Season to taste. Spoon the sauce into a pie dish and top with mashed potato. Bake at 180°C until the top is golden - approximately 15 minutes. Serve with a green salad in summer, or fresh vegetables in winter.

## TIPS

**For older children and parents:** Add garlic, Worcestershire sauce or beef stock to the recipe for extra flavour.

**Tips for a crusty top:** Dot with margarine and sprinkle lightly with grated cheese just before putting in the oven.

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For children aged 1-13 years, a 100g serving of lean beef or lamb mince provides at least 20% of the average recommended daily intake of iron.