

## Shepherd's Pie

500g Lamb mince

1 Onion - finely chopped

1 Parsnip - finely chopped

2 Carrots - finely chopped

1 tin green lentils

600mls lamb/vegetable stock

1 tin Passata/chopped tomatoes

- Put a small amount of oil into a large frying pan/saucepan and gently fry the onions.
- Add the lamb mince and brown it off.
- Add the parsnip and carrots. Mix together
- Add the passata/tomato and then the stock.
- Bring up to the boil and gently simmer for 20 minutes.
- Drain the lentils and add to the lamb mince mixture and simmer for a further 10 minutes.
- Serve with mash potato.

