



GUIDE TO  
HEALTHY EATING

Katie McCabe's

# SHEPHERD'S PIE



The potato in this dish makes it a great option before training or the night before a match to make sure you have enough energy to play as well as possible and help your team win the game!

## INGREDIENTS

- 500g lamb mince
- 1 large onion, chopped
- 3 carrots, chopped
- 2 tbsp. tomato puree
- 500ml beef stock
- 500g potatoes, chopped
- Knob of butter
- 250g frozen peas
- Splash of milk
- 1 tbsp. olive oil

MAKES FIVE SERVINGS

## METHOD

1. Pre heat oven to 190C
2. Heat the olive oil in a frying pan. Add the carrot and onion. In a separate pan, boil the potatoes until soft
3. Add the lamb and stock and cook until browned
4. Add tomato puree and cook for 20 minutes. Mash the potatoes with knob of butter and splash of milk
5. Add the peas and transfer to an ovenproof dish
6. Spread mash potatoes on top
7. Cook for 20-25 minute or until top is golden brown



Carrots are a good source of vitamin A which helps our eyesight, making it easier to hit long passes