



SHEPHERD'S PIE

Prep + cook time: 11 hours **Serves:** 4

Ingredients

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| 3 medium carrots (360g),
chopped coarsely | 2½ cups (625ml) beef stock |
| 3 stalks celery (450g),
trimmed, chopped coarsely | 1.5kg (3lb) boneless lamb shoulder |
| 1 large onion (200g),
chopped coarsely | ½ cup (60g) frozen peas |
| 2 cloves garlic, crushed | 150g (4½oz) baby spinach leaves |
| 4 sprigs fresh thyme | 1 tablespoon cornflour (cornstarch) |
| 2 sprigs fresh rosemary | 1 tablespoon water |
| ¼ cup (70g) tomato paste | 800g (1½lb) potatoes, chopped coarsely |
| 2 tablespoons worcestershire sauce | 40g (1½oz) butter |
| | ½ cup (125ml) hot milk |
| | ½ cup (60g) coarsely grated cheddar |
1. Combine carrot, celery, onion, garlic, herbs, paste, sauce and stock in a 5-litre (20-cup) slow cooker. Add lamb, turn to coat in mixture. Cook, covered, on high for 2 hours. Reduce to low; cook for 8 hours.
 2. Remove lamb from cooker; shred meat coarsely, discard fat. Discard herbs from cooker. Return lamb to cooker with peas and spinach. Blend cornflour and the water in a small cup, stir into cooker; cook, uncovered, on high, for 20 minutes or until thickened. Season to taste.
 3. Meanwhile, boil, steam or microwave potato until tender; drain. Mash potato with butter and milk until smooth; season to taste.
 4. Preheat grill (broiler).
 5. Transfer lamb to a 2.5-litre (10-cup) ovenproof dish. Spoon potato over lamb mixture; sprinkle with cheddar. Grill for 5 minutes or until top is browned lightly.

SERVING SUGGESTION Green leafy salad or coleslaw.

Tips

Filling can be frozen at the end of step 2.