

Shepherd's Pie

Serves 6

- 1 T vegetable oil
- 1 large onion, peeled and chopped
- 1 large carrot, peeled and chopped
- 450 g ground turkey or beef
- 240 ml beef or chicken broth
- 1 T tomato paste
- 1 tsp chopped fresh or dry rosemary
- 1 T chopped Italian parsley
- 130 g frozen peas
- 900 g potatoes, peeled and cut into chunks
(1 small potato = 85 g; 10 potatoes = 900 g)
- 90 g butter
- 120 ml milk
- Salt to taste

1. Preheat oven to **190°C**.
2. In a large sauté pan over medium-high heat, heat the **oil**, then add the **onion**, **carrot**, and **meat**. Cook until browned, **8 to 10 minutes**.
3. Drain the fat and add the **broth**, **tomato paste**, and **herbs**. Simmer until the juices thicken, **about 10 minutes**, then add the **peas**.
4. Pour the mixture into a 1.4 liter (1½-quart) baking dish; set aside.
5. Meanwhile, bring the **potatoes** to a boil in salted water. Cook until tender, **about 20 minutes**; drain.
6. Mash the potatoes with the **butter**, **milk**, and salt.
7. Spread them over the meat mixture, then crosshatch the top with a fork.
8. Bake until golden, **30 to 35 minutes**.

