

**Nutritionally balanced,  
lovingly created Kindred Recipe**

## Shepherd's Pie

Feeds a family of 5

**Ingredients:** Splash Vegetable Oil  
1 x small Onion - Diced  
2 Sticks of Celery - Sliced  
2 Large Carrots – Peeled  
and Sliced  
100g Cooked Peas

500g Minced Lamb –  
**110g per child**  
1.5 Pints Gravy  
400g White Potatoes –  
**90g per child**

### Method:

1. Fry off the onion, celery and carrots in the oil
2. Add the minced lamb, fry until cooked and drain off any fat
3. Add the peas and gravy and simmer
4. Meanwhile peel, boil and then mash the potatoes
5. Place the minced lamb mixture in serving dishes and top with the mashed potato
6. Cook in the oven at 200 degrees for approx 45 min or until browned



**AUTUMN/WINTER  
MENU  
2020/21**

All of our meals are homecooked and endorsed by qualified Nutritionists in partnership with Action for Children campaign 'Eat better, Start better' to meet the voluntary food and drink guidelines set by the Government.