



MEXICAN STYLE SHEPPARD PIE

20 minutes

1 hour and 20 minutes

4 portions

INGREDIENTS

- 1 gram of olive oil spray
- 1 onion, finely slices (150 g)
- 2 cloves of garlic, crushed (6 g)
- 2 carrots, grated (122 g)
- 1 zucchini, grated (323 g)
- 1 tsp of cumin (2 g)
- 1/2 tsp chili powder (1 g)
- 1 Can of diced Tomatoes (400 g)
- 1/4 cup of coriander , roughly chopped (4 g)
- 500 grams of sweet potato, chopped
- 40 grams of parmesan cheese, grated
- 1 large celery stalk, chopped (64 g)
- 300 grams of lean beef mince

COOKING METHOD

- 1° Lightly spray a large deep frying pan with oil and heat over medium heat. Add onion and cook for 4 minutes or until soft. Stir in garlic and cook for 30 seconds. Add carrots, celery and zucchini and cook for 5 minutes, stirring occasionally.
- 2° Increase heat to medium-high. Add mince and cook, stirring to break up and lumps, for 2 minutes or until lightly browned.
- 3° Add cumin and chili and cook for 30 seconds, until fragrant. Stir in tomatoes and 3/4 cup of water, cover and bring to the boil. Reduce heat to medium-low and simmer, stirring occasionally for 20 minutes. remove from heat and stir in 2 tbsp of coriander.
- 4° Meanwhile preheat oven to 180 C. Place sweet potato in a steamer set over a saucepan of simmering water. Cover and cook for 10 minutes or until tender. Roughly mash, add Parmesan and stir to combine.
- 5° Spoon meat mixture into an ovenproof dish. Spread sweet potato over meat mixture. Spray lightly with oil and bake for 30 minutes or until lightly golden brown. Serve sprinkled with remaining coriander.
- 6° Spoon meat mixture into an ovenproof dish. Spread sweet potato over meat mixture. Spray lightly with oil and bake for 30 minutes or until lightly golden brown. Serve sprinkled with remaining coriander.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (478 g)	% DRI
ENERGY	79 kcal	378 kcal	19 %
FAT	3 g	13 g	21 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	29 %
CHOLESTEROL	12 mg	55 mg	18 %
SODIUM	74 mg	353 mg	15 %
CARBOHYDRATE	9 g	42 g	14 %
SUGARS	2 g	11 g	—
FIBER	1 g	7 g	26 %
PROTEIN	5 g	23 g	—