

Quorn shepherds pie

Serves 4



Ingredients

- 750g/1½ lb potatoes, peeled and chopped
- 250g/9oz lean minced quorn
- 50g/2oz mature cheese, grated
- 415g/14oz can baked beans in tomato sauce
- 2 tablespoons Worcestershire sauce
- 55ml/2fl oz skimmed milk
- 150ml/5fl oz water
- 1 medium onion/leek, peeled and chopped into small chunks
- 1 handful mushrooms, chopped
- 2 medium carrots, peeled and grated
- 1 heaped teaspoon mixed herbs

Method

1. Boil the potatoes in a large pan for about 20 minutes or until cooked.
2. In the mean time heat a medium, saucepan over a high heat. Add the mince, onions, carrots, mushrooms and cook, stirring to break up the meat for 10 minutes until the meat is browned.
3. Stir in the baked beans, Worcestershire sauce, dried mixed herbs and the water. Simmer on a medium heat for 20-25 minutes, until thickened, if it starts to stick add a little more water. Once cooked tip into a deep, 1.2-litre baking dish.
4. When the potatoes are cooked drain and mash them with the milk.
5. Spread the potatoes on top of the mince mixture and sprinkle over with the grated cheese.
5. Pop under the hot grill for a few minutes, until golden and bubbling.