

Shepherds Pie



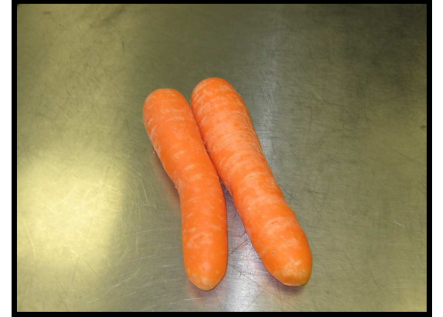
Ingredients



Potatoes



1 onion



2 carrots



1 small turnip



350gms minced beef



Salt and pepper



2 tablespoons
gravy granules

Utensils



Vegetable peeler



knife



Chopping board



Measuring spoon



Tablespoon



Jug

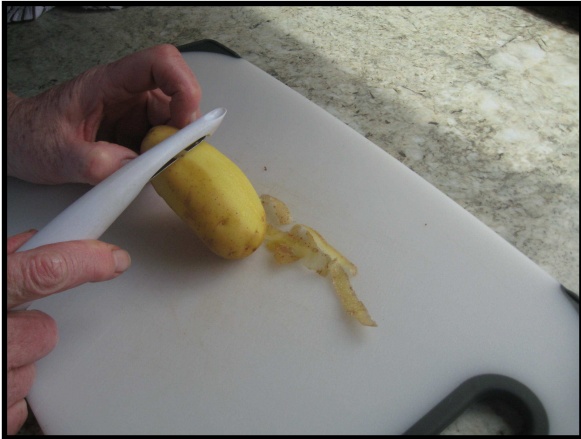


Pie dish

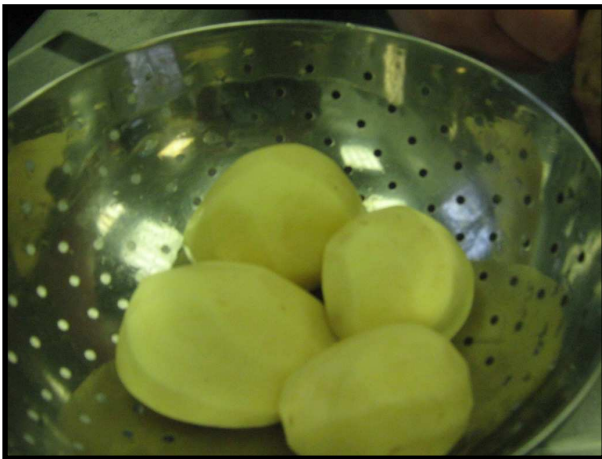


Pan

Method.



Peel potatoes.



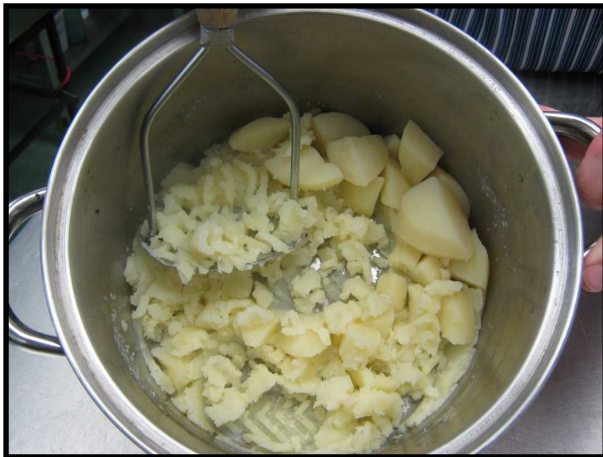
When potatoes are peeled.



Put in pan of water and boil until cooked.



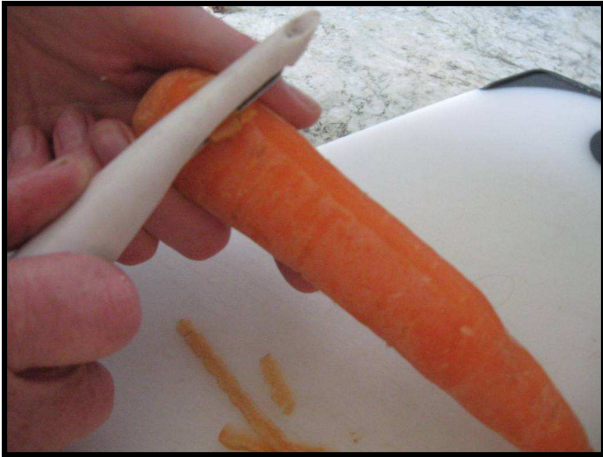
When potatoes cooked, drain the water.



Mash potatoes.



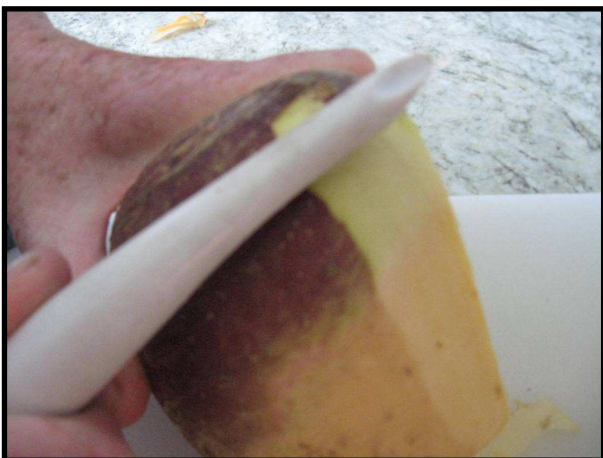
Chop onion.



Peel carrots.



Chop carrots.



Peel turnip.



Chop turnip.



Put mince in pan and heat on cooker to brown mince.



Add onion, turnip and carrots to mince.



Add water.



Cook for 30 minutes.



Add 2 tablespoons gravy granules.



Add salt and pepper.



Pour mince into dish.



Put mashed potato on the mince.



Spread potatoes.



Spread potatoes with fork.



Put under grill for 5 minutes.



Serve with vegetables.

Produced by Donna Dawson, Accessible Information Officer,
Equally Well Team, NHS Grampian.
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