



Shepherd's Pie

A hearty lamb and vegetable filling topped with golden mashed potato

INGREDIENTS

Lamb Mince, Olive Oil, Brown Onions, Carrots, Peas, Tomato Paste, Plain Flour, Beef Stock, Worcestershire Sauce, Bay Leaves, Potatoes, Butter, Milk

SIMPLOT SHORTCUTS *substitute using...*

Edgell Chopped Onions (40273), **Edgell** Diced Carrots (40210), **Edgell** Peas (40009), **Edgell** Real Mash (48536) and **leggos** Tomato Paste (48536)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	40 MINS	10 MINS
PASSIVE COOK TIME <i>(I.E. time in oven)</i>	20 MINS	20 MINS
ACTIVE COOK TIME <i>(I.E. actively engaged in cooking)</i>	30 MINS	20 MINS
TOTAL HANDS ON LABOUR TIME	70 MINS	30 MINS
PER PORTION LABOUR COST <i>(I.E. based on \$22/hour making 10 portions)</i>	\$2.57	\$1.10
PER PORTION FOOD COST	\$0.97	\$1.49
	<i>total cost per portion</i> \$3.54*	<i>total cost per portion</i> \$2.59*

hints, tips and nutrition Facts...

USING SIMPLOT RECIPE

ENERGY 851kj PROTEIN 18g

FIBRE 2g SODIUM 437mg

Per 225g serve

- ✓ HIGH IN IRON, LOW IN SALT
- ✓ SUITABLE FOR TEXTURE MODIFIED RESIDENTS (SOFT AND MOIST MINCE)
- ✓ BLEND FOR PUREED DIETS
- 💡 ADD MORE COLOUR WITH EDGELL PEARL COUS COUS & MELANGE MIXED VEGETABLES
- 💡 THE MEAT BASE CAN BE MADE IN BULK AND BLAST FROZEN FOR LATER USE, THEN TOP WITH REAL MASH IN MINUTES



*The prices used for Simplot products and ingredients in this brochure are a guide only (as at April 2017). Please contact your Distributor to confirm any pricing. The comparison scratch recipe product prices were obtained via purchases made at major Australian supermarkets during March 2017. The hourly labour rate used for calculations was \$22 per hour.