

Good Shepherd's Pie

Filling

1 onion, coarsely chopped
500g broccoli
1 bunch spinach or Swiss chard (we often use frozen)
1 green pepper, diced
4 medium carrots
1 bay leaf
basil
5oz tomatoes or (tomato paste and 4 fl oz water)
salt
Oil

Topping

3 medium potatoes
milk
butter
salt to taste
paprika

Unless you have leftover mashed potato, cook potatoes and mash with butter, milk and salt. Cut the broccoli into flowers and stems. Wash spinach thoroughly and cut into bite-size pieces. Pre-heat oven to 350F/180 C or gas mark 4.

Saute onion in oil. Add broccoli, green pepper and carrots and then the basil and bay leaf. Stir well and add tomatoes. Bring to the boil, turn heat to low and simmer for 15 minutes or until vegetables are just tender. Stir in spinach. Add salt.

Place vegetables into a baking dish, spread mashed potatoes over the top and bake for 10-15 minutes, until potatoes are piping hot. Shake paprika over top before serving.