

Quorn Shepherd's Pie

Serves 4

Per Serving

385 Cals

10.9g Fat

Ingredients:

750g potatoes, peeled and chopped
9 Squirts of Fry Light
1 clove garlic, crushed
300ml vegetable stock, made up with 1 vegetable stock cube
2 tablespoons fresh parsley, chopped
Freshly ground black pepper
2 carrots, peeled and sliced
1 onion, chopped
400g Quorn mince
400g can chopped tomatoes
2 teaspoons Worcestershire sauce
40g Cheddar cheese, grated

Cooking instructions

1. Heat the oven to 200°C, 400°F, Gas Mark 6.
2. Cook the potatoes and carrots together in boiling water until soft. Mash and put to one side.
3. Meanwhile heat the Fry light in a large frying pan and fry the onion and garlic for 2 minutes. Add the mince and fry for a further 8-10 minutes stirring occasionally.
4. Add the stock, tomatoes, herbs and Worcestershire sauce, season to taste. Bring to the boil and simmer gently for 5-10 minutes.
5. Place the mixture in a large ovenproof dish, top with the potato and carrot and sprinkle with the grated cheese.
6. Bake in the oven for 20-25 minutes until golden brown.