

ELIM SHEPHERD'S PIE GF D Mod
Gluten Free, Dairy containing moderate salicylate

Ingredients:

500g mince
½ leek finely chopped
1 clove garlic
½ choko pureed (precooked to soften before pureeing) **OR** ½ cup homemade stock

1 carrot grated
1 cup green peas
½ cup choko or pear chutney (P35 & 49 in booklet)

Canola/Rice/Sunflower or Safflower oil
Salt to taste
4 large potatoes
½ cup milk
1 tblsp margarine or butter allowed

Method:

Preheat the oven to 180°C
Grease with allowed oil a lasagne cooking dish. Roughly 35cmx 25cm

Meat

Heat a fry pan and add the oil
Brown the mince with the garlic and leek
Add the pureed choko (or stock), carrots, peas, chutney and salt
Cook until vegetables have softened.

Potatoes

Peel the potatoes and cut into 2 cm pieces
Boil, steam or microwave them until soft
Mash with the milk, butter/marg and salt

Layering

Cover the bottom of the dish with the meat mixture
Cover this with the mashed potato

Bake in the oven for 30-40 minutes.
Cook on a high rack in the oven until the potato browns

Tip: To increase your vegetables intake...grate or finely slice allowed vegetables and mix them into the meat mixture

