

**ELIM SHEPHERD'S PIE** GF DF Low  
Gluten Free, Dairy Free, Low Salicylate

**Ingredients:**

500g mince  
½ leek finely chopped  
1 clove garlic  
½ choko pureed (precooked to soften before pureeing) **OR** ½ cup homemade stock  
2 celery sticks diced  
½ cup choko or pear chutney (P35 & 49 in booklet)  
Canola/Rice/Sunflower or Safflower oil  
Salt to taste  
4 large potatoes  
~3 tbsp soy/rice/potato milk or homemade stock  
1 tblsp Nuttalex



**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), celery (or vegetable you choose), 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 alternative or stock, Nuttalex 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