



Food For Thought Recipe and Allergen Card

Shepherds Pie

100 Portions

Ingredient	Hannah Product Code	Quantity
Gravy sauce (see recipe)		
Onion - diced		2k
Carrots - diced		2k
Lamb Mince	Cook's of Rainford	4k
Potatoes		20k
Salt		2 tbsp
Olive oil	D001010	For frying
Margarine	C000266	600g

RECIPE METHOD – ALLERGENS

1. Make the gravy sauce as per the FFT recipe
2. In a separate pan add enough olive oil for frying
3. Add diced onion and carrot and fry for 10 minutes
4. Add the lamb mince and brown with the vegetables
5. Add the gravy sauce
6. Simmer for 1 hour, until tender
7. Peel the potatoes
8. Add to a large saucepan
9. Cover with cold water
10. Add salt
11. Bring to the boil and cook until just tender
12. Add margarine
13. In a baking dish add the mince and gravy until 2/3 up the side of the dish
14. Top with mash
15. Bake in the oven at 200°C until golden on the top and piping hot throughout

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...