

OVERALL time: 80 mins

MADRAS CURRIED SHEPHERS'S PIE

With Mother's Day coming up, we've recently been playing with some of mom's favourite recipes in the Cape Herb & Spice kitchen. Shepherd's pie is sublime comfort food any day of the week, but we're taking it up a notch, with our Madras Curry Seasoning.

Metric

Number of servings : 4

ingredients

Main

- 6 Extra large floury potatoes, peeled & quartered
- 1 Large onion, finely chopped
- 500 g Lamb Mince
- 30 ml Vegetable Oil
- 3 Plump garlic cloves, finely minced
- 15 ml Grated Ginger
- 1 Large tomato, diced
- 1 Cup Diced Carrots
- 30 ml Tomato Sauce
- 2.5 ml **Cape Herb and Spice Atlantic Sea Salt**
- 1.5 Cups Water
- 1 Cup Frozen Peas
- 30 ml Chutney
- 15 Melted Butter

To Serve

- Tomato, Onion & Coriander Sambal

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 60 mins

Boil the potatoes in plenty of salted water until soft. Mash potatoes, adding a bit of water or milk

as needed. Taste and adjust salt as needed.

Then put mash aside and heat a large frying pan with the two tablespoons of vegetable oil and add the mince and onions. Fry over high heat until the mince starts browning. Add the ginger and garlic, tomato and **Cape Herb & Spice Madras Curry Seasoning** and fry for a further minute. Add the carrots, tomato sauce, salt and water. Place saucepan on very low heat, put a lid on and allow it to slowly simmer for at least 40 minutes. Stir in chutney and frozen peas. Spoon the mince into an ovenproof dish and top with mash. Paint mash with melted butter and bake in a 180°C pre-heated oven for 20 minutes – turn the grill element on for the last few minutes of baking.

Serve this shepherd's pie piping warm with a simple sambal made of one finely chopped large tomato, half a red onion and a large handful of chopped coriander leaves.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>

Metric

ingredients

Main

- 6 Extra large floury potatoes, peeled & quatered
- 1 Large onion, finely chopped
- 500 g Lamb Mince
- 30 ml Vegetable Oil
- 3 Plump garlic cloves, finely minced
- 15 ml Grated Ginger
- 1 Large tomato, diced
- 1 Cup Diced Carrots
- 30 ml Tomato Sauce
- 2.5 ml **Cape Herb and Spice Atlantic Sea Salt**
- 1.5 Cups Water
- 1 Cup Frozen Peas
- 30 ml Chutney
- 15 Melted Butter

To Serve

- Tomato, Onion & Coriander Sambal

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 60 mins

Boil the potatoes in plenty of salted water until soft. Mash potatoes, adding a bit of water or milk as needed. Taste and adjust salt as needed.

Then put mash aside and heat a large frying pan with the two tablespoons of vegetable oil and add the mince and onions. Fry over high heat until the mince starts browning. Add the ginger and garlic, tomato and **Cape Herb & Spice Madras Curry Seasoning** and fry for a further minute. Add the carrots, tomato sauce, salt and water. Place saucepan on very low heat, put a lid on and allow it to slowly simmer for at least 40 minutes. Stir in chutney and frozen peas. Spoon the mince into an ovenproof dish and top with mash. Paint mash with melted butter and bake in a 180°C pre-heated oven for 20 minutes – turn the grill element on for the last few minutes of baking.

Serve this shepherd's pie piping warm with a simple sambal made of one finely chopped large tomato, half a red onion and a large handful of chopped coriander leaves.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>