

POST BARIATRIC SURGERY RECIPE

Shepherd's Pie



Number of servings, standard portions : 6
Number of servings, bariatric portions: 10

Nutrition info	per 100g	per bariatric portion
Energy kcal	117	227
Protein g	7	13.5
Carbohydrate g	8.8	17
Fat g	6.1	4

Ingredients:

1 tbsp vegetable oil
1 medium onion, finely chopped
2 large carrots, chopped
500g extra-lean minced beef
2 tbsp Worcestershire sauce
2 tbsp tomato puree, (preferably one with no added salt)
2 tsp dried mixed herbs
300ml beef stock
100g frozen peas

For the Topping:

800g potatoes, peeled and cut into 1-1 1/2-inch pieces
250ml skimmed milk
1 tbsp low fat spread

Method:

- In a large pan, heat oil on medium-low heat
- Saute onions and carrots until softened
- Turn up heat to medium-high and add beef; cook until no longer pink
- Add Worcestershire sauce, tomato paste, herbs and broth
- Reduce heat and simmer uncovered for 15 minutes
- Add peas, then simmer 5 minutes more
- If sauce becomes too watery, combine 1 tsp of cornstarch into 1 fl oz of water and stir into beef mixture
- While sauce is simmering, bring a large pan of water to boil
- Add potatoes, reduce heat to a simmer and cook until tender, about 15-20mins
- Drain water
- Add milk and low fat spread. Mash with a potato masher until smooth. Season with pepper and a little salt.
- Pour sauce into an oven proof dish and allow to cool slightly.
- Top with mashed potato
- Bake in a preheated 190°C oven for 20-25 minutes

Notes: Suitable for soft diet stages and later with crunchy vegetables for warming suppers. Try making mini Shepherds pies in ramekins and freeze, your own healthy fast food !