Shepherd's Pie with Peas



A wholesome, toddler-friendly version of a classic! Savoury beef and vegetable mince topped with creamy, dairy-free mash, served with sweet peas.

MAKES
6 TODDLER PORTIONS
(250 ml each)

PREP TIME
20 minutes

COOKING TIME
30–35 minutes

FREEZER FRIENDLY
Yes
(up to 2 months)

Ingredients

- **400 g lean beef mince**
- **1 onion** (± 2 tbsp, finely chopped)
- **2 carrots** (± 150 g, finely diced)
- **1 courgette** (± 150 g, finely diced or grated)
- **1 × 400 g tin chopped tomatoes** (plain)
- **1 tsp dried mixed herbs** (e.g. oregano, thyme)
- **1 tbsp olive oil**
- **500 g potatoes** (± 4 medium), peeled and cubed
- **300 g peas** (frozen or fresh)
- **Salt and pepper** to taste)

Method

1. Peel and cube the potatoes. Boil until soft and drain. Mash until smooth. Add 1–2 tbsp olive oil, season with a little salt and pepper, and set aside.
2. Heat 1 tbsp olive oil in a large pan. Sauté the onion for 2–3 minutes until soft.
3. Add the mince and cook until browned, breaking it up with a spoon.
4. Stir in the carrots and courgette. Cook for about 5 minutes.
5. Add the chopped tomatoes and herbs. Simmer for 10 minutes until the veg is tender and the sauce has thickened. Season to taste.
6. Spoon the mince into a baking dish (approximately 20 × 15 cm) or 6 small ovenproof containers.
7. Top with the mashed potato, spreading it evenly. Rough up the top with a fork.
8. Bake at 180°C for 20–25 minutes, until golden on top and heated through.
9. Steam or boil the peas for 3–5 minutes until tender.

Portion guide (per child)

~150 ml shepherd's pie
+ 100 ml peas
(± 250 ml total)

