

# KARLS TURKEY SHEPHERDS PIE

Serves 4

## INGREDIENTS

1kg turkey mince  
1 can cannelloni beans including juice  
¼ cup worchestshire sauce  
1tbsp vegemite  
1 diced onion  
2 grated carrots  
1tbsp fennel mix (garlic, sea salt, black peppercorns, cumin, sage, coriander seed, thyme, basil, green pepper)  
4 diced garlic cloves  
Ground black pepper  
2 tbsp tomato paste  
1 tbsp oregano  
½ tbsp smokey paprika  
2 large mushrooms diced  
3tbsp olive oil  
1 cup of cheese  
2 cups of frozen seasonal vegies  
Enough mash potato for your topping

## METHOD

1. Brown onion, garlic and mince.
2. Add all ingredients except for Mash potato and simmer for approx. 40 minutes
3. Transfer ingredients to an oven proof dish
4. Top with mash potato and then top with cheese
5. Bake in a moderate oven until brown

## SHOPPING LIST

1kg turkey mince  
Can cannelloni beans  
Worcestershire sauce  
vegemite  
onion  
2 carrots  
Fennel mix  
Garlic  
Pepper  
Tomato paste  
Oregano  
Smokey paprika  
Mushrooms  
Olive oil  
Potato's  
Cheese  
Frozen vegies