

Shepherds' Pie

Ingredients: Kumara Mash (39%) [Kumara (67%), Water, Unsalted Butter (**Milk**), Salt], Tomato [Tomato, Food Acid (Citric Acid)], Beetroot, Carrot, Lamb (8%), Peas, Onion, Dried Herbs (Thyme, Rosemary), Kelp.

Contains milk.

NUTRITION INFORMATION		
Servings per Package:	1	
Serving Size:	180 g	
	Ave Quantity per Serving	Ave Quantity per 100g
Energy	465 kJ	258 kJ
Protein	5.8 g	3.2 g
Fat, total	3.7 g	2.0 g
- saturated	2.0 g	1.1 g
Carbohydrate	11.8 g	6.6 g
- sugars	7.1 g	3.9 g
Sodium	156 mg	86 mg
Potassium	430 mg	239 mg

Sheps Pie		
Spice mix		
Dried Thyme	30	
Dried Rosemary	10	
Kelp	20	
Sheps mince mix		
Lamb	200	
Onion	100	
Beetroot	250	
Carrot	250	
Tomato cann	400	
Spice mix	15	
Water	100	
Peas	150	1465
Brown mince, steam 19 min and blend onion/beetroot/carrot with Tomatoes and water if required to achieve normal puree consistency, add spice, add steamed whole peas		
Kumara		
Kumara	800	
Butter	50	
Salt	5	
Water	340	1195
Final 180g Sheps pie		
Mince	110	
Kumara	70	
		180

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