

# Veal Shepherd's Pie

**NUMBER OF SERVINGS: 6**

## Ingredients

- Potatoes, peeled and quartered 3 lbs (1.5 kg)
- Milk 1 cup (250 mL)
- Butter 2 Tbsp (30 mL)
- Chopped fresh parsley ¼ cup (60 mL)
- Chopped fresh chives (optional) 2 Tbsp (30 mL)
- Ground veal 1½ lbs (700 g)
- Garlic, minced 2 cloves
- Onion, chopped 1
- Dried thyme ½ tsp (2.5 mL)
- Black pepper ½ tsp (2.5 mL)
- All-purpose flour 2 Tbsp (30 mL)
- Chicken stock 2 cups (500 mL)
- Ketchup ¼ cup (60 mL)
- Dijon mustard 1 Tbsp (15 mL)
- Frozen mixed vegetables 2 cups (500 mL)

## Directions

1. In a pot of cold, salted water, bring potatoes to boil; reduce heat and simmer, covered, for about 20 minutes or until very tender. Drain well.
2. Mash cooked potatoes while adding milk; stir in butter, parsley and chives (if using).
3. Season to taste with salt and pepper; set aside.
4. Meanwhile, in shallow saucepan, brown veal over high heat.
5. Reduce heat to medium; add garlic, onion, thyme and pepper. Cook, stirring for about 5 minutes or until onion is softened.
6. Sprinkle veal mixture with flour; cook, stirring for 1 minute.
7. Pour in stock, ketchup and mustard; bring to boil then reduce heat and simmer, stirring often, for about 5 minutes or until thickened.
8. Stir in vegetables; season to taste with salt. Spread veal mixture into lightly greased 11 x 7-inch (2.5L) glass baking dish or casserole; let cool slightly.
9. Pipe or spread potatoes on top of veal.
10. Bake in 400°F (200°C) oven for about 20 minutes or until bubbling hot and potatoes are golden.
11. Broil for 2 minutes to brown the top, if desired.

## NUTRITION PER SERVING

Calories 496 | Protein 31g | Fat 12g | Carbohydrates 66g | Fibre 6g | Sodium 383mg



Milk-fed veal produces meat that is light pink, has a soft texture, and mild flavour. Milk-fed veal is brought to market after reaching 450-500 lbs. Grain-fed veal is fed milk for 6-8 weeks and then grain fed until 650-700 lbs. Grain-fed veal tastes like mild beef.



Veal is a great source of protein and is low in saturated fat, making it a heart healthy option. Diets high in saturated fat have been associated with heart disease.



Make this casserole a day ahead and bake it just before serving.

Recipe  
provided by:



# Mains

