

Shepherd's Pie (Heather Hughes)

Serves 4 people

Ingredients

- 160g freeze dried mince (1 packet)
- 50 g dried onions (or 1 fresh onion)
- 1 packet Shepherds pie "Maggi" sauce mix
- 1 packet Tomato Soup
- 100g dried mixed vegetables
- 275 g instant mashed potato
- 50 g dried milk
- 6 ½ cups of water for milk / mashed potato

Method

On the tramp

1. Add the mince, onion and dried vegetables to 2 cups of water.
2. Bring to the boil and simmer until rehydrated.
3. Add flavourings, and extra water if required.
4. Reconstitute mashed potato with water and dried milk as per the instructions on the packet.
5. Serve mash on top of meat and vegetables.

Number of people	Two	Four	Six	Eight	Ten
Freeze dried mince (water)	80g (1 cup)	160g (2cups)	240g (3 cups)	320g (4 cups)	400g (5 cups)
Fresh onion or flakes	1 small (25g flakes)	1 large (50g flakes)	2 medium (75g flakes)	2 large (100 g flakes)	3 medium (125g flakes)
Shepherds pie mix	½ packet	1 packet	1 ½ packets	2 packets	2 ½ packets
Tomato soup	½ packet	1 packet	1 ½ packets	2 packets	2 ½ packets
Dried mixed vegetables	50g	100g	150g	200g	250g
Instant mashed potato	140g	275g	415g	550g	690g
Dried milk	25g	50g	75g	100g	125g
Water for milk / mashed potato	3 ¼ cups	6 ½ cups	9 ½ cups	13 cups	16 cups