



Breakfast Shepherd's Pie & Potato Skin Bacon

MAIN MEALS

The recipe serves 4-6 adults

Ingredients:

Shepherd's Pie

- 7 medium/large potatoes suitable for mashing (e.g. Bintje, Russets or Yukon Golds)
- Firm tofu - 450 grams (16 ounces)
- Turmeric - ½ tsp
- Black salt - ½ tsp
- Red onion - ½
- Carrot(large) - 1
- Red Pepper/Capsicum - 1
- Balsamic Vinegar - 1 tbl
- Baked Beans (Organic, Oil-free) x 2 cans (420gm/15 ounces - total of 840gm/30 ounces)
- Garlic Powder - 1 tbl
- Water
- Salt and Pepper to taste

Potato Skin Bacon

- Peeled skins from the 7 potatoes used for the shepherd's pie topping
- Liquid smoke - 2 tsp
- Sweet Paprika - 2 tablespoons
- Garlic powder - 2 tablespoons
- Salt and Pepper to taste

First, you will need to marinate your tofu - Start by crumbling your firm tofu. Add your turmeric, black salt and pepper, mix thoroughly and set aside.

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Then prepare your mashed potato. Peel the potatoes, ensuring that you keep the peelings so that you can make your potato skin bacon. Chop into small, even-sized pieces so they cook at the same time, then boil until soft. Once cooked, drain, add salt, pepper and mash until smooth, or to your desired consistency - I personally like to have a little texture to my mash so I tend not to mash until it is very smooth.

In a bowl, add your potato peelings, garlic powder, paprika, pepper, salt and liquid smoke. Mix well until the skins are evenly coated in the spices. Then set aside to marinate. They will be cooked in the oven at the same time as the Shepherd's pie later.

Roughly dice your onion, carrot and red pepper/capsicum. Place your non-stick pan on medium heat, once hot add your onion, carrots and red pepper/capsicum. Add salt and pepper to taste, stir then place the lid on and allow to cook until slightly soft. Move your vegetables to one side of the pan then add the balsamic vinegar, allow to bubble and reduce slightly - this direct heat not only caramelizes the balsamic vinegar but also removes some of the sharpness.

Add your tofu and garlic powder and mix well. Add 2-3 tablespoons of water to deglaze the pan. Add the baked beans and mix well.



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Pre-heat oven to 180°C/ 355°F

Spoon and evenly distribute your filling into a baking dish. Then top with the mashed potato.

Scatter the marinated potato skins on a non-stick baking sheet. Bake the Shepherd's pie for 15-17 minutes and the potato skin bacon for about 12-15 minutes.

Garnish with chopped chives and you're ready to serve. Both the Shepherd's pie and Potato skin bacon are best eaten fresh and hot. Because we're not using any oil the potato skins do soften as they cool so enjoy them hot.

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