

## Ingredients

500 Grams Kangaroo mince (or Beef substitute)  
 1 medium brown onion (long sliced)  
 1 large carrot (Cubed small)  
 1 small turnip (Cubed small)  
 3 sticks celery (Cubed)  
 ½ cup frozen peas  
 Ground black pepper to taste & dash Worcestershire sauce  
 Oil for cooking (about 3 tablespoons)  
 410 gram chopped tomatoes  
 2 tablespoons tomato paste  
 1/3 cup Chicken stock  
 1 teaspoon garlic (crushed)  
 2 tablespoons Lilypilly Jam (Plum alternative)  
 1 ½ tablespoons fresh oregano (1 teaspoon dried)  
 850 grams mashing potatoes  
 ¼ cup milk  
 10 grams butter  
 1 tablespoon flour for thickening meat mix if required.  
 4 tablespoons grated cheese (mixture tasty & soft)

## Method.

Prepare all vegetables.  
 Sauté onions in pan until soft add garlic and stir into onion.  
 Add meat in small lots ensuring heat in pan is constant and lightly brown add Worcestershire sauce.  
 Add oregano, Lilypilly jam or plum sauce, pepper & salt to taste.  
 Add celery, turnip, carrot & tomato paste. Pic 2  
 Stir over heat for about 3 minutes then add tomatoes, bring to a simmer then add chicken stock. Cook on low heat for 20 minutes adding the frozen peas at the end. Pic 3

Peel potatoes and boil for 25 minutes (until mashing consistency) drain water add butter and ½ the milk and mash well the potato should be stiff (not sloppy) add remaining milk if required.

## Cooking.

There are 2 methods  
 If all is to be eaten you can simply spoon the potato on top of mixture in the camp oven then top with cheese place lid on and apply maximum top heat (20 glowing heat beads) cook time will be around 20-25 minutes.

Or Pic 4 & 5

Spoon the mixture into 2 preselected deep pie dishes then top with cheese and cook. This allows you to have 2 pies (each will serve 4 normal serves or 2 man-size serves. Pic 1 regular size serve.

1



2



3



4



5



Recipe submitted by

**John**

