Shepherd's pie potatoes

Serves 1

1F 1P 1HO ½ LE

* 1tbsp olive oil
* 1 small onion, chopped
* 140g lean minced beef
* 250ml beef stock (made with a cube if you wish)
* 1 tsp Worcestershire sauce
* 1 tbsp tomato purée
* 1 jacket potato, ***baked***
* 25g grated cheddar
1. Heat oven to 200C/fan 180C/gas 6.
2. In a non-stick pan heat oil.
3. Cook the onion for 3-4 mins, then increase the heat and add the mince.
4. Fry for a further 3-4 mins until the beef has browned. Stir in the stock, Worcestershire sauce, tomato purée and some seasoning.
5. Gently bubble for 15-20 mins until the mince is tender and the sauce has thickened.
6. To assemble, cut the jacket potato in half lengthways and scoop the flesh into a small bowl, leaving the skin intact.
7. Mash the potato and season well. Divide the mince between the potato skins, then cover with the mash. Transfer the potatoes to a baking dish, sprinkle with cheese, then bake for 15-20 mins until golden.
8. Serve with your favourite veg.