Shepherd's Pie Potato Skins recipetineats.com

8 oz lamb or hamburger
1 tbsp olive oil
½ onion (brown, white or yellow), diced
1 clove garlic, minced
1 1/2 cups frozen mixed vegetables (pea, corn, carrots) (or fresh)
2 tbsp flour
1 cup beef stock/broth (or 1 stock / bouillon cube dissolved in hot water)
½ cup water
½ tsp salt
½ tsp dried thyme
½ tsp dried oregano
Black pepper

Potatoes and Mash
4 large potatoes, scrubbed clean (about 400g/13oz each)
½ to 1 cup milk (full or low fat)
2 tbsp butter (optional – but highly recommended)
Salt to taste

Preheat the oven to 180C/350F.

Prepare the Potatoes and Mash
Prick the potatoes with a fork (about 6 times on each potato) and microwave on high for 5 minutes. Then turn and microwave for a further 5 minutes. Pierce with a knife to check if they are cooked.
Remove from the microwave (use a dish cloth). Cut off the tops and scoop out the center using a spoon, leaving a fairly thin skin (about 0.5 cm / 0.2").
Place the potato scooped out in a bowl. Add milk, butter and salt and mash with a potato masher until smooth, or to your liking.

Filling
Meanwhile, make the filling. Heat the olive oil in a large fry pan over medium high heat.
Add onion and garlic, sauté for 2 minutes until softened.
Turn up the heat to high. Add ground beef and cook, until nicely browned and cooked – about 3 minutes.
Sprinkle over flour and stir to combine.
Add remaining ingredients and stir to combine. Bring to a simmer and continue to stir until the sauce is thick and glossy – around 2 minutes.
Remove from heat.
Assemble Potatoes
Fill each potato with the Filling so it is slightly heaped. Push down lightly to pack the filling in well.
Pipe over the mashed potato, or scoop it on with a spoon then fluff it up with a fork. You probably won't use all of it – save the remainder or serve it on the side.

Place in the oven and bake for 15 to 20 minutes until the mashed potato is starting to brown on the ridges.
Serve immediately!