

HI GOOD LOOKING It's time to get cooking



Low Carb Shepard's Pie

INGREDIENTS

Cauliflower Mash

- 1 medium head cauliflower, washed and cut in florets
- 3 tbsp butter, cubed
- 1/4 tsp fine sea salt
- 1 tbsp chopped chives
- Pepper

Shepherd's Pie

- 2 tbsp Extra Virgin Olive Oil
- 2 large cloves garlic, minced
- 1 small onion, finely chopped
- 1 cup sweet potato, chopped
- 2 stalks celery, chopped
- 2 cups fresh mushrooms, diced
- 600gr minced premium beef
- 1/2 tsp sea salt
- 1 tbsp Worcestershire
- 1/2 cup beef stock
- 1/2 tsp GF soy sauce
- 1/4 cup tomato paste
- 1/2 tbsp parsley/parsley
- 1 cup chopped fresh beans (blanched)
- 1 cup mozzarella cheese, shredded
- 1 tbsp Parmesan Cheese
- Paprika

METHOD

1. In a pan over medium heat brown the beef mince. In a separate pan, fry the oil, garlic, onion and sweet potato over medium heat until softened.
2. Add celery and mushrooms and cook for a few more minutes. Add the cooked mince, salt, Worcestershire, beef stock, soy sauce, tomato paste and parsley/chives to the mixture, add fresh beans and continue to cook on a simmer for about 15 minutes.
3. Place cauliflower florets into a pot of boiling water, bring to a boil. Reduce to a simmer and cook with lid on for 8 - 10 minutes. Remove from heat. Drain well. Leave in pot with lid on.
4. Mash Cauliflower with a stick blender or for a more rustic look with a potato masher, until you have the consistency of mashed potatoes, add cubed butter and fold in. Set aside.
5. Preheat the oven to 180c. Spread the beef mixture into a 9 x 13 casserole dish. Top with mashed cauliflower.
6. Sprinkle with Mozzarella cheese, Parmesan cheese and a dash of Paprika. Bake in the oven for 45 minutes.
7. Slice and serve with a green leafy salad.

