

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Shepherd's Pie with Cauliflower

### Ingredients

*1 tbs of olive oil*  
*1 brown onion, finely chopped*  
*1 carrot, grated*  
*2 celery sticks, finely chopped*  
*2 cloves of garlic, crushed*  
*500g lamb mince*  
*1 bay leaf*  
*400g tin of chopped tomatoes*  
*Salt and pepper*  
*100mls of vegetable stock*  
*½ large cauliflower, cut into florets*  
*4 tbs of butter*  
*2 tbs of cream*  
*½ cup of grated cheddar cheese*

### Method

You say potato; I say...cauliflower!! Adapting old family recipes is a breeze once you get in the groove. Cauliflower mash works perfectly with this scrumptious family friendly recipe.

1. Heat oil in a large saucepan over medium-high heat. Add onion, carrot, celery, garlic and cook, stirring for 5 minutes or until soft. Add the lamb mince and cook for 5 minutes until it starts to brown.
2. Add the tinned tomatoes, bay leaf and vegetable stock; bring to the boil. Simmer for 20 minutes, stirring occasionally. Season with salt and pepper.
3. Cook the cauliflower in the microwave for 4-5 minutes until soft. Add the butter & cream. Blend with a stick blender or equivalent until a creamy. Season with salt and pepper.
4. In a casserole dish place the lamb mixture down the bottom and the cauliflower on top. Top with cheese and bake in a preheated oven at 180 degrees C for 15 minutes or until golden brown.



**Preparation Time:** 10 minutes

**Cooking Time:** 35 minutes

**Source:** Fran Bruce

**Serves** 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

[www.goodtoeat.com.au](http://www.goodtoeat.com.au)