

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 Ramsay

Serves 4



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

www.goodtoeat.com.au