

Matt's Shepherd's Pie

Hearty meals that go a long way are always a winner for us. I love this recipe because it's safe for a sensitive stomach. We have taken out much of the tomato base from this recipe as the acidity can be a bit much for those with digestive disruptions. Don't be fooled though! This pie has a hearty and rich taste!

Gluten, dairy and sugar free. Paleo friendly.*

Preparation time: 90 minutes: 15 minutes prep time and 75 minutes cooking time

Makes 6 serves

Ingredients

500g grass fed beef mince
500g free-range pork mince
1 brown onion, diced
3 carrots, diced
4 stalks of celery, diced
4 cloves garlic, minced or finely chopped
1 small tub salt reduced tomato paste
2 tablespoons Worcestershire sauce
1 cup bone broth or stock (Maggie Bear is the best brand if not making it yourself)
2 bay leaves
Mixture of herbs (fresh rosemary, thyme or mixed dry herbs)
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon chili flakes
Salt
Pepper
1 ½ cups of frozen peas
2 large sweet potatoes, peeled and chopped
1 head of cauliflower
3 tablespoons of unsalted and grass-fed butter
½ cup shredded cheese



Method

1. Preheat fan forced oven to 180°C.
2. Dice onions, carrots, celery and chop or mince garlic. Add onions and garlic to a medium heat pan with a tablespoon of butter and cook until clear. Add in the diced vegetables and cook until just soft. Add butter as required.
3. Add mince to the pan and cook until brown. Add onion and garlic powder, chili flakes and combine well. Add in the Worcestershire sauce and mix through mix well.
4. Add in stock, tomato paste and bay leaves, stirring well. Turn the heat down to a simmer for around 30 minutes. Stir intermittently and ensure the base isn't burning. Cook until sauce reduces down and isn't too watery.
5. While the meat mixture is simmering, dice the sweet potato and cauliflower and add to a large stove top steamer and cook until soft.
6. Mash together or add to a food processor to make a mash. Adding 2 tablespoons of butter, salt, and pepper gradually throughout.
7. When the meat mixture has reduced and is seasoned to your liking, add in the frozen peas and stir through. Remove from the heat when the peas are cooked through (after about 5 minutes). Pour into the bottom of a casserole dish. Layer mash over the top. Season with salt and pepper and sprinkle with shredded cheese
8. Bake in the oven for 30-40 minutes.

Serve in square portions with salad or green beans and enjoy!

