

Low Carb Shepherd's Pie

with Cauliflower Mash

hellóchef

A British classic - made low carb.

Cals 855 • Prot 66 • Carbs 46 • Fat 53

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🕒 cook: 60 min

R3258



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Lamb sauce	2 ppl	3 ppl	4 ppl	
Lamb mince	350	525	700	Grams
Red onion	1	2	2	Piece
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Garlic cloves	2	3	4	Piece
Carrot	1	2	2	Piece
Tomato paste	70	70	140	Grams
Tomato passata	200	400	400	Grams
Worcestershire sauce 6*, 11*	30	44	60	ML
Brown sugar	5	5	10	Grams
Black pepper	0.5	0.5	1	Tsp
Green peas	100	150	200	Grams
Cauliflower mash				
Cauliflower	600	800	1200	Grams
Butter 4*	30	50	50	Grams
Parmesan 4*	30	45	60	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3571 / 855
Fat (g)	52.6
of which saturates (g)	26.7
Carbohydrate (g)	46
of which sugars (g)	23.8
Fiber (g)	13.3
Protein (g)	66.4
Salt (g)	4.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Simmer cauliflower

Preheat the oven to 200°C/180°C fan. Chop the **cauliflower** into small florets. Bring a large pot of salted water to a boil. Add the **cauliflower** and cook, covered, for 10-12 min until soft. Drain.



2 Prep

Meanwhile, peel and finely chop the **onion** and **garlic**. Peel and grate the **carrot**. Grate the **Parmesan**.



3 Fry lamb

Heat a pan over a medium-high heat with a drizzle of **oil**. Fry the **lamb mince** and **onion** with a pinch of **salt** for 5-7 min. Add the **garlic**, **tomato paste**, grated **carrots**, **tomato passata**, {0.5/1/1} **stock cube**, **Worcestershire sauce**, **sugar** and **pepper**. Reduce the heat to low. Cover with a lid and simmer for 10 min.
Tip! Make sure the pan is hot before adding the lamb. This will ensure it browns nicely!



4 Make mash

Meanwhile, once soft, add the **cauliflower** and **butter** to a food processor. Blitz for 1-2 min until very smooth. Add half of the **Parmesan** and season generously with **salt** and **pepper**.



5 Bake

Add the **green peas** to the **lamb** and check the seasoning. Pour the **lamb sauce** into a baking dish. Spoon the **cauliflower** over the top. Smooth the surface with a spatula. Sprinkle with the remaining **Parmesan**. Bake for 20 min.



6 Serve

Once baked, set the **pie** aside to rest for 5 min before serving.