

INGREDIENTS

- 1 Medium head cauliflower, cut into florets (about 6 cups)
- 100 g full fat cream cheese, softened
- 1/4 cup heavy cream
- 1 1/2 cup shredded cheddar, divided
- 2 Green onions, thinly sliced
- Himalayan salt
- Freshly ground black pepper
- 1 Tablespoon olive oil
- 1 Small yellow onion, chopped
- 1 Medium carrot, peeled and chopped
- 3 Cloves garlic, minced
- 1 Tablespoon tomato paste
- 500g beef mince
- 1/2 Cup low-sodium organic or homemade beef broth



Shepard's Pie



Serves 4

INSTRUCTIONS

1. Preheat oven to 200°C. Bring a large pot of salted water to a boil. Add cauliflower florets and cook until tender, 10 minutes. Drain well, pressing with paper towels or a clean dish towel to remove as much excess water as possible.
2. Return cauliflower to the pot and add cream cheese. Use a potato masher to mash cauliflower until smooth.
3. Add heavy cream, 1 cup cheddar, and half of the green onions and stir to combine.
4. Season well with salt and pepper.
5. Heat oil in an oven-safe pan over medium heat. Add onion and carrots and cook until soft, 5 minutes.
6. Add garlic and cook until fragrant, 1 minute more.
7. Add tomato paste and stir to coat veggies.
8. Add ground beef to pan using a wooden spoon to break up meat, cook until no longer pink, 6 minutes.
9. Season with salt and pepper.
10. Add broth and simmer for 2 minutes.
11. Pour beef mixture into a pan or oven-proof dish.
12. Top beef with cauliflower mash, and remaining ½ cup of cheddar.
13. Bake until top is golden and cheese is melted, 20 minutes.
14. Serve with a green salad and feta cheese.



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