BRITISH · DINNER

Low-Carb Shepherd's Pie with Lamb and Cauliflower Mash

70 min · Serves 10 · 296 kcal a serve · Video 7:01 · All Day I Dream About Food

Gluten-free ingredients · No nuts listed

Cauliflower mash replaces potato, so a serve has about 3 g net carbs and around 21 g protein from the lamb and cheddar.

Diet notes: Keto (3.2 g net carbs a serve).

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Ingredients 16 · SERVES 10

- [ ] 454 g **cauliflower florets**, fresh or frozen
- [ ] 2 **garlic** cloves (for the topping)
- [ ] 57 g **sour cream**
- [ ] ½ tsp **salt** (for the topping)
- [ ] ¼ tsp **pepper** (for the topping)
- [ ] 900 g **ground lamb**
- [ ] **lamb fat** from the pan, about 2 tbsp kept to cook the vegetables
- [ ] 40 g chopped **onion**
- [ ] ½ medium **red capsicum**, finely chopped
- [ ] 1 tsp **salt** (for the filling)
- [ ] ½ tsp **pepper** (for the filling)
- [ ] 2 **garlic** cloves, minced (for the filling)
- [ ] 120 g **dry red wine** (or beef broth)
- [ ] 2 tbsp chopped **fresh rosemary**
- [ ] ½ tsp **glucomannan or xanthan gum**
- [ ] 113 g **sharp cheddar**, grated

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Steam the cauliflower with 2 garlic cloves for 6–8 minutes until very tender, then tip into a sieve and let it drain well so the topping isn't soggy. 0:26
2. Blend the cauliflower and garlic in a food processor until it looks like rice, then add the sour cream, salt and pepper and blend until smooth. Set aside. 1:16
3. Heat the oven to 200°C. Brown the lamb over medium heat for 10–12 minutes until nearly cooked, then lift it into a 2-litre casserole dish with a slotted spoon, leaving about 2 tbsp fat in the pan. 2:23
4. Cook the onion and red capsicum with a little of the salt and pepper for about 5 minutes until the onion is soft, then add the garlic for 1 minute. 3:13
5. Pour in the red wine (or broth) and simmer until reduced by about half, then stir in the rosemary. 3:45
6. Whisk in the glucomannan or xanthan gum to thicken, season the lamb with the rest of the salt and pepper, pour the sauce over and mix, then spread it out evenly. 4:12
7. Spread the cauliflower mash over the filling right to the edges and scatter with the cheddar. 5:01
8. Bake 20–25 minutes until bubbling, then grill (broil) 2–4 minutes to brown the cheese. Rest 10–15 minutes before serving. 5:32

> **Tip** Ground beef turns it into a cottage pie. Keeps 5 days in the fridge or 2 months frozen. Beef broth instead of wine works just as well.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
296 kcal	21 g	4.7 g	1.5 g	20 g	500 mg
1,240 kJ	42% of a day	3.2 g net · 1.7 g sugars	5% of a day	9.5 g saturated	22% of a day
		2% of a day		26% of a day	

Energy from net carbs 5% · protein 30% · fat 65% — fits keto: 3.2 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Vitamin B12 78% · Vitamin C 36% · Selenium 35% · Zinc 34%

Source of (10–19%) Omega-3 19% · Vitamin B6 14% · Iron 12% · Folate 12% · Vitamin K 11%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=JuPnCinCAi0, published 25 January 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lamb-shepherds-pie-cheesy-cauliflower