



## Cauliflower Shepherd's Pie

Shepherd's Pie is a hearty favourite of many, especially during this colder time of year. Our version tastes remarkably similar but substitutes cauliflower for potatoes, to make it a healthier option. You'll be surprised how similar to the original it tastes, and how easy to make it is. Perhaps it becomes your go-to version!



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#### For the beef layer:

- 2 tbsp olive oil
- 1.5 lbs ground beef
- 2 cloves garlic
- 1 large yellow onion
- 1 large carrot
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 2 tbsp Worcestershire sauce
- 1 cup chicken stock

- 6 oz tomato paste

#### For the cauliflower topping:

- 1 head of cauliflower
- ¼ cup whole milk
- 1 tbsp butter
- 5 oz fresh grated parmesan
- 1 tsp granulated garlic
- 2 tsp salt
- 1 tsp pepper

#### To make it:

1. Cut up cauliflower into small florets, then boil in water until very soft then mash
2. Add milk, butter, salt and pepper granulated garlic and 3 oz parmesan. Set aside.
3. In a cast iron skillet on medium heat, begin browning your meat
4. While the meat is browning, mince the thyme and rosemary and garlic. Preheat oven to 425.
5. Once your meat is browned drain as much juice as possible. Grate your onion and carrot into the mince and stir and cook on medium for about 2 minutes.
6. Stir in your tomato paste, garlic, and Worcestershire sauce for about 1 minute
7. Add fresh thyme, rosemary, salt and pepper. Let this cook down for about 2 minutes
8. Add the chicken stock and let this cook down for about 15 minutes
9. With a spatula, spread the cauliflower mash evenly across the skillet covering all your mince and top with the remaining Parmesan. This will give you golden brown bits on top!
10. Bake for about 15 minutes, or until the mash is a beautiful golden brown

Enjoy!

Past recipes of the week are posted at our website [www.HealthyNow.ca](http://www.HealthyNow.ca)

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