



### Product Spotlight: Thyme

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



## Add to it!

*For a traditional Shepherd's pie filling, add sliced celery sticks at step 2, and frozen peas at step 3.*

## Shepherd's Pie with Sweet Potato Crust

A hearty, homestyle lamb Shepherd's pie topped with cheesy sweet potato mash and baked until golden, served with tender broccoli on the side for a comforting meal the whole family will enjoy.



40 minutes



Lamb



2 servings

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	34g	49g

## FROM YOUR BOX

SWEET POTATOES	600g
SHREDDED CHEDDAR CHEESE	1 packet
LAMB MINCE	300g
BROWN ONION	1
CARROT	1
THYME	1 packet
TOMATO PASTE	1 sachet
BROCCOLI	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cinnamon

## KEY UTENSILS

large frypan, saucepan, oven dish

## NOTES

We've left the peel on the potatoes, but you can peel them if you'd like a smoother mash. For a creamier mash, substitute olive oil with butter, milk, sour cream or cream.



### 1. MASH THE SWEET POTATO

Roughly chop **sweet potatoes**. Place in a saucepan and cover with water. Bring to a boil for 10 minutes until **potatoes** are tender. Drain and return to pan. Mash with **2 tbsp olive oil** (see notes) to smooth consistency. Add **1/2 packet cheese** and season with **salt and pepper**.



### 4. BAKE THE PIE

Transfer **filling** to an oven dish. Top with a **sweet potato mash**. Sprinkle over **remaining cheese** and grill in oven for 5 minutes until golden.



### 2. SAUTÉ THE INGREDIENTS

Heat a large frypan over medium-high heat. Add **mince**, breaking up any lumps with a wooden spoon. Cook for 5 minutes until **mince** begins to brown. Dice **onion** and **carrot**, add to pan along with **thyme leaves**. Sauté for 2 minutes to soften **onion**.



### 5. COOK THE BROCCOLI

Reheat frypan over medium-high heat with **oil**. Chop **broccoli** into florets. Add to pan as you go. Pour in **1/4 cup water**. Cook, covered, for 3 minutes until **broccoli** is tender. Season to taste with **salt and pepper**.



### 3. SIMMER THE FILLING

Set oven to 250°C.

Add **tomato paste** and **1/2 tsp cinnamon** to frypan, cook for 1 minute. Add **1 cup water**. Simmer, semi-covered, for 8-10 minutes until thickened. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Serve **shepherds pie** tableside along with **broccoli** for everyone to serve themselves.



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