



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



4/6 servings

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	40g/45g	34g/37g	42g/50g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1kg + 600g
SHREDDED CHEDDAR CHEESE	1 packet	2 packets
LAMB MINCE	600g	600g + 300g
BROWN ONION	1	2
CARROTS	2	3
THYME	1 packet	2 packets
TOMATO PASTE	2 sachets	3 sachets
BROCCOLI	1	2

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 **3 tbsp olive oil** (see notes) to smooth consistency. Add **1/2 packet cheese** and season with **salt and pepper**.

6P - add **4 tbsp olive oil** and **1 packet cheese**.



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

6P - add **1 1/2 tsp cinnamon** and **3 cups water**.



6. FINISH AND SERVE

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



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