

Choco Fever Dream

Lamb Shepherd's Pie – Hearty & Healthy

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
4 Servings	**Easy** Difficulty	**British** Cuisine

Ingredients

Filling

- [ ] 1 lb ground lamb
- [ ] 1 medium onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 2 carrots, peeled and diced
- [ ] 2 parsnips, peeled and diced
- [ ] 1 cup frozen peas
- [ ] 1 cup beef or vegetable broth
- [ ] 2 tbsp tomato paste
- [ ] 1 tsp fresh rosemary, chopped
- [ ] 1 tsp thyme leaves
- [ ] Zest of half a lemon
- [ ] Salt and pepper to taste

Mashed Topping

- [ ] 2 lbs potatoes, peeled and cubed
- [ ] 2 tbsp butter
- [ ] ¼ cup milk (or plant-based alternative)
- [ ] Salt and pepper
- [ ] Extra butter for brushing

Instructions

1. Preheat the oven to 400°F (200°C). In a large skillet, heat a drizzle of olive oil over medium heat and sauté the onion and garlic until translucent.
2. Add the ground lamb, breaking it up with a spoon. Cook until browned, then stir in tomato paste, rosemary, thyme, lemon zest, salt, and pepper.
3. Add carrots, parsnips, and broth. Simmer for about 10 minutes until vegetables are just tender. Fold in peas and remove from heat.
4. Meanwhile, boil the potatoes until fork-tender. Drain, mash with butter, milk, salt, and pepper until smooth.
5. Transfer the lamb mixture to a baking dish, spread the mashed potatoes on top, brush with melted butter, and bake for 25-30 minutes until the top is golden.

Nutrition per serving

420 kcal	28 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the filling looks dry, add a splash more broth.
- For extra crispness, place the pie under the broiler for 2 minutes at the end.
- Feel free to swap sweet potatoes for regular potatoes for a richer color.